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Homeward Bound
Support Services

Alberta Street News

The Real Issue

VOLUME 12

ISSUE 6

JUNE 2015



A FATHER'S DEVOTION
"MADE BY BRAD"
Story page 5 & 6


Martyshuk Housing

VERY INTERESTING TIMES



By Laura Hunt

Very interesting times here in Alberta. My step-father was a huge supporter of the NDP and his ideologies did rub off on me. So, I am extremely pleased to see this big change in the Alberta government! It is my firm belief that we have evolved as a society - in part due to the internet and social media - and the time for change is now! Albertans are ready for a successful socialistic democracy. But, it's going to take support and understanding from the people of Alberta, and involvement on a grass roots level. Together we can do it!

I am very pleased to announce there will be a media campaign on City TV starting in June regarding **Martyshuk Housing, Homeward Bound Support Services and Alberta Street News**. There will be some features showcased on the new Dinner TV, as well as an ad campaign to spread our message about the importance of public support for

housing the homeless. City TV has decided to give their formerly "Breakfast Television" a new time slot in order to attract new viewers of all demographics. We wish them all the success in the world!

There are so many wonderful articles this month in ASN that I can't really choose which one to talk about it. I am so very pleased by the wonderful writing and input from so many intelligent and compassionate people. We have a new columnist that you will be seeing on a monthly basis. Summer Adams has agreed to write for ASN and she will be representing the transgender community as well as LGBTQ in her column "Life of a Transsexual Artist." Welcome aboard Summer! I would like to wish all the wonderful Fathers a very happy Father's Day! You are so essential to us all for a successful society. I will leave you with this quote from Buffy St. Marie, because I think it says so much about what is needed to heal our Aboriginal Community and the violence against women. "It's gonna take a lot of people working on this issue because it is a very, very deep thing. It has to do with how we raise our sons, what we reward people for, and goddamn alcohol."

I couldn't agree more.

CANADA IS A GREAT COUNTRY TO LIVE IN



By Linda Dumont

For stories for this month's issue, I attended a panel discussion on Canada's Values, and wrote a story in which I interviewed foreign workers - who are threatened with deportation because of the difficulty they have in passing the English exam. Kim Campbell, former prime minister of Canada, was one of the panelists and she said, "When it came to being born in Canada, we won the lottery because it is the best country in the world to live in." The foreign workers, who have come here so they and their families could have a better quality of life, would agree with that statement. They want to have what so many of us simply take for granted.

I also spent time at the 7 Cities Conference on the Ten year Plan to end homelessness. Unfortunately, for those who are

homeless, living conditions are similar despite where they are living. During the past 20 years, I have attended street newspaper conferences all over the United States and Canada, and have seen people living on the city streets, in makeshift shelters, sleeping in parks and under bridges, and have visited homeless shelters in every city. They have no place to call home.

I have also read stories from street newspapers world-wide and spoken to street newspaper editors from the Ukraine and other countries. The problems homeless people face appear to be similar in every country. The editor from the Ukraine, who came to visit me, spoke about the number of homeless deaths due to their freezing cold winters. When we were having a memorial for the homeless in Edmonton for those who had passed away, that same week there was one in St. Petersburg, Russia for their homeless who had died. There, as here, the tragic freezing to death of homeless human beings has took its toll.

This year I will be attending the International Network of Street Papers.

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THE VIEWS PRESENTED IN THIS PUBLICATION ARE THOSE OF THE CONTRIBUTORS


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A significant portion of your purchase of the package of *Alberta Street News*, MHMT Beef Jerky and European Chocolate is allocated to "**Homeward Bound Support Services.**" *HBSS* was created to provide supportive employment and services to those who have been adversely affected by homelessness.

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Homeward Bound

Support Services

Homeward Bound Support Services (HBSS) is a not-for-profit organization located in Edmonton, Alberta. We are a very unique and creative agency which strives to protect the housing of many of Edmonton's previously homeless population.

HBSS was established in early 2014, when a need for housing, employment, and life-enhancing supports, primarily for adults with barriers, was recognized by Martyshuk Housing. *HBSS* takes pride in assisting these individuals to remain successfully housed and achieve the highest state of health and wellness, community acceptance and social integration possible. It is our mission to provide these supports.

Martyshuk Housing, the company that recognized these needs for employment, and supports for their tenants, facilitated the creation of *HBSS*. Martyshuk Housing acquired *Alberta Street News* in September 2014 in efforts to create awareness and employment for the homeless. Martyshuk Housing currently houses approximately 350 formally homeless people.

Alberta Street News we will contribute **50%** of advertising sales to **Homeward Bound Support Services** for housing supports to those who are in need.

Currently *HBSS* employs vendors, canvassers, and drivers for our fundraising campaigns. Please support our cause by purchasing, a copy of *Alberta Street News*, Beef Jerky and/or European Chocolates.

**Search through
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and find as many Bees
as you can.**



Answer on Page 43

A FATHER'S DEVOTION "MADE BY BRAD"



By Laura Hunt

Interview with Mark Fremmerlid (Brad's Father)

I recently did some renovating in my condo, and because of this I decided to purchase quite a few pieces of new furniture. Furniture that needed lots of assembly. Not my forte, as I am not particularly good at anything involving mechanics or spatial perception. I guess that's why words and writing is my thing. Then I remembered a news story I saw on Global about an autistic man who assembles furniture. His name is Brad Fremmerlid. According to the news story, Brad is very talented at assembling things and does this as a means of employment. So, I went to the website, "Made by Brad" and received my booking. A few days later, I was treated to the wonderful experience of meeting Brad, his father Mark, and Brad's support worker, Enyinna, when they came to my home to get the work done. After seeing what a great job Brad does, I decided to feature his story in Alberta Street News. My new furniture is very well assembled and looks fantastic! Here is Brad's story.

I started "Made by Brad", because Brad had to do something, and this is what I thought he could do. As Brad grew up, I had him building model airplanes. Just because I like them. And then in order to teach him how to follow instructions, I gave him more and more complex Lego projects. He couldn't possibly finish them without looking at the instructions, because they have lots of internal parts. He learned to follow instructions. There had to be a diagram as he cannot read. It is a good educational process, as you can start simple and get as complex as you want. Now, he can handle the most complex Lego projects - there can be a thousand pieces and lots of working parts. He can just look at the diagrams and sort it all out. The natural progress from that for practical purposes is the furniture, because you have to assemble them from diagrams without words. So, that works perfectly for

Brad. Most people have a hard time understanding these diagrams. I mean, I can't sort them out. But, I can just put the diagram in front of him and he looks at it and he knows. He can orient things in his mind very well.

We started "Made by Brad" just over a year ago now. About 15 months ago. And that has been going really good as he had a fair amount of publicity at the start. We got a steady stream of customers, I mean, just enough to keep it going, just enough, as he basically needs a project each day. So that been pretty much it, a project each day. Things got a little slow recently, so it's important that more people know about Brad. In my mind, the end goal is for him to become more educated, so he can communicate more - and this a means toward that. That's because he is always going to a different house and has something different to build. So, there's different people around him talking about what has to be done. And, he connects with that kind of talk - because he is interested in what has to

be done and how to do it. You and I are just standing here talking and I think our conversation is just like a buzz for him, he is not connected at all. But as soon it's about something you're going to do or build, then he begins to get connected. I think he is comprehending more all the time. It's building his confidence because people are so happy with his work when he gets it done. So, he gets more confident that he can do it.

Brad has the classical at the severe end of the spectrum of Autism. Lately they have changed the classification. They use to diagnose people as Asperger's or PDD (Persons with Developmental Disabilities), but now they consider it a spectrum with a very wide umbrella. This ranges from people that present as a little eccentric - but can communicate almost normally - to the more severe end. Brad has all the classical symptoms. He cannot speak, but he is able to learn

Continued on page 5



A FATHER'S DEVOTION "MADE BY BRAD" *cont'd*

signs. So... a lot of communication problems. The problem is most people do not know sign language, so even though he knows some of it others cannot translate it. It's hard for him to learn it because others don't use it. It's like learning French at school when no one uses it in the home. You're not going to become fluent. And, it's not like we are trying to teach him to read and write. I mean he can type the letters, he just doesn't know what they mean.

Interview with Enyinna Okeeugwu (Brad's Support Worker)



I had been working in this field for close to year when I started working for the Excel Society. I got interested in working in youth services. I did a little bit of work with relief in a couple of special homes - called group homes, assisting the kids and taking care of them. I got interested in working with Brad and I decided to give it a shot. I started working with him in May of 2014, and it has been very interesting, and challenging too. I am originally from Nigeria, but I came here from the U.K., where I got my degree. I came to Canada in July of 2013. Even though Brad is

autistic, he does hear what you say, it's just that he is unable to articulate it back to you in response. So, that is why sign language, or communicating with some kind of common sign becomes a necessity. So, in communicating with Brad, he does everything I tell him to do. The only thing is, because of the autism his response may not be as immediate as expected. It may take some time for him to process what I have told him to do. And then, after he has processed it, he will begin to do it. But apart from that, he understands me. For me to be able to communicate with him - I have to understand the sign to be able to respond properly. And also at the moment, we are both still working on increasing our level of learning the sign language - so we can speak more fluently. In the beginning when I first started working with him, I didn't have much of an understanding of signs. In time, I started to have a better idea of what the signs meant and presently we go to a class that is helping us to increase our ability to communicate with other. We are learning every day to understand each other better.

I would just like to add that Brad is naturally gifted. Very intelligent. Apart from the autism Brad is very exceptional. While you and I would generally struggle with figuring out what these diagrams mean, Brad is able to look at it and understand very

well. He has a very good idea of how things should go. Yes, because of the autism, it is true he may not be as fast as a professional. This is because he must spend a certain time running around, eating etc... However, he is very good at always getting it done in a very reasonable period of time. And, he always does it well.



Alberta Street News is very much a supporter, as well as a creator of supportive employment for those with barriers. This is a shining example. I believe that we as a community and a society must begin to think in these ways regarding identifying strengths, and developing those strengths for those with barriers. Focus on the ABILITY, as opposed to the disability. We are just around the corner from Father's Day, and this is a beautiful example of a Father's love and support for his son. I am touched and impressed by this story, and feel the utmost respect for Mark Fremmerlid. After all, imagine the time, patience, and commitment Mark has shown to his son to produce this kind of result. He certainly embodies the idea of what we hold dear to us regarding the impor-

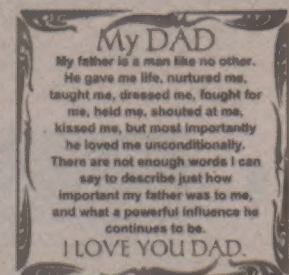
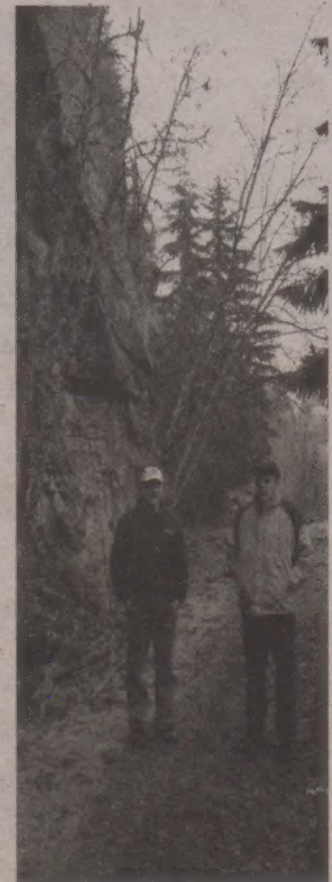
tance of a Father's love, guidance and presence in the lives of their children.

If you're interested in booking Brad you can contact Mark:

mark.fremmerlid@gmail.com

or go to the website

MadebyBrad.com
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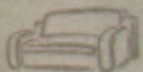
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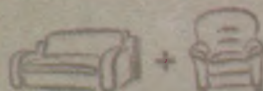
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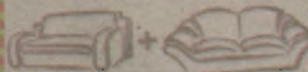
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VENDOR PROFILE - RICHARD



**Story and Photo By
Linda Dumont**

Richard is one of our newer Alberta Street News Vendors. He started selling papers in February, and can be found at his spot on 100 Street and Jasper Avenue in downtown Edmonton.

Richard was raised in Cadomin, Alberta where he completed high school. He

came to Edmonton when he was 21 years old to learn small engine mechanics at Bellevue College. His education was cut short when he suffered a mental breakdown after just two semesters in college.

Richard said he bumped around a lot after that, even spent some days at the Herb Jamieson Shelter, and moved from group home to group home before moving into Dwayne's Home in January, 2014.

"I didn't like the group homes because they had curfews and made you smoke outside, but wouldn't let you go outside during the night. And... the group home wouldn't let me get up early in the morning to go

to the temp agencies. I can do that here at Dwayne's home, but I'm pretty happy selling the papers. I usually get about \$2.50 per paper - enough money for cigarettes and to take my girlfriend out for coffee. I was a busker and played the harmonica. I don't get as worn out selling papers as I did busking. I'd like to get back to busking during the summer."

Richard is single, but he has a steady girlfriend. He enjoys playing video games, watching TV and going out for coffee. He said he would love to work in a watch shop changing the batteries. His face lights up at the thought - "The most difficulty would be with the self winding

mechanicals with the little tiny gears. You would need a pair of tweezers."

He thinks his hair is an asset when out selling papers because "it looks like Einstein or that character from "Back to the Future".

Richard says, "I would like to thank my customers for their generosity. If you see me on the street say 'Hi!'"



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FOREIGN WORKERS THREATENED WITH DEPORTATION

By Linda Dumont

Canada has become home and there is no longer anything to return to in Sri Lanka, but Jerome Isaac and Sarath Kaluhennabide may not be given a choice. They are living under the threat of deportation, and their futures are in the hands of the immigration officers.

"Isaac said, "We want to tell the government we are not bad people. Give us a chance to live in this country. We are peaceful people. We don't bother anyone. We have worked and paid taxes and not received any government money in grants or assistance."

He and other foreign workers, who have been living and working in Canada under a work visa - some for ten years or more, are threatened with deportation due to changes made in 2011 to legislation regarding immigration. Prior to 2011, foreign workers could live and work in Canada for an indefinite period of time, but since 2011, they have only four years in which to apply to become Canadian citizens, or they have to return to their country of origin. A condition that must be met for permanent residency is to obtain a passing grade in an English test on speaking and writing English. It costs \$300 to take the exam, and if a worker fails the exam, he or she can retake the exam as many

times as necessary, but has to pay \$300 each time.

Isaac has been living and working in Canada for nine years, and he wants to become a Canadian, but because he has had to repeat the exam four times before making a passing grade, he is late in submitting his paperwork. Because he has exceeded the four year limit since the new law was passed, he currently has no medical coverage. He is hoping that immigration will accept his late application, and grant him residency.

Isaac was born in Sri Lanka, and completed Grade 10 there, then worked as a sailor for 22 years before coming to Canada as a foreign worker and securing work in a bakery. He has built a life for himself here.

Isaac said, "My sister is living here as a citizen. She brought me here to have a better life. It is better - I bought a house and everything. My wife and children are still back home and I can't bring them here until I am a resident."

Kaluhennabide has been in Canada since 2009. He was born in Sri Lanka, but left during the time of civil unrest, to go to Italy where he had refugee status. He is married, and his daughter was born in Italy, where she completed Grade 2 at an international school, so the only language she speaks is English.

He said, "I had refugee status in Italy. I was taking a two week vacation, when I saw an ad in a newspaper for foreign workers in Canada so I applied. We can't go back to Sri Lanka - it's been 25 years since we left. We are worried about the government rules. My English wasn't good enough to pass the exam and I will be trying it again. The owner of the place where we work very much wants me to work there. I don't know why the government is making such an issue for English. We are going to lose everything. I am buying a house. Last month our daughter was sick from the situation."

Kaluhennabide's daughter is in Grade 10, and an honour student. She has never even been to Sri Lanka, and speaks and writes only English. She said, "We can't renew our documents so for now we have no medical coverage. If we are told we have to leave here, we will lose everything." She believes the exams are unfair to the older generation because they are computer based, and people like her father do not have computer skills.

Kaluhennabide's wife, Dammita, and his daughter are living in Canada on her husband's work pass. She said, "My husband is a good worker. All the owners like to work with him. We are doing the English exam. My husband is the

main applicant. If he fails again, I can apply, but to do that I would have to get a job." At present she is supported by her husband.

Isaac is 90% sure that his application will be accepted, but Kaluhennabide's application will not even be considered until he passes the English exam. He and his wife are both taking English as a second language classes, and hoping he will succeed on his next attempt. If they are deported, they would have to live in Sri Lanka for a year before they could apply to return to Canada as foreign workers and start the process all over again. Once they are notified of deportation, they can appeal, but the cost to file an appeal is \$6,000, and it is not certain that they would win.

Isaac said "We don't want the letter to come to our house for deportation."

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CON BOLAND ON THE TRILLION DOLLAR THEFT BY THE 1% OF THE CANADIAN WORKING CLASS



You know the old aphorism, *"If a tree falls in the forest...?"*

Here is what has been going on in Canada: if citizens win a significant victory in court against an autocratic government involved in the wholesale fleecing of Canadians of billions of their hard-earned tax dollars and no one in the media actually covers it, did it really happen?

Once a nation parts with the control of its currency and credit, it matters not who makes the nation's laws. Usury, once in control, will wreck any nation. — William Lyon Mackenzie King, Prime Minister of Canada, 1935.

The Committee for Monetary and Economic Reform (COMER), a very small and low-budget Toronto think-tank, with their lawyer Rocco Galati (of Supreme Court fame in the Nadon case) have steadily been winning court battles initiated in 2011

that would oblige the Bank of Canada to return to its pre-1974 practice of lending the government money virtually interest-free.

But the mainstream media has boycotted the story. Galati believes Harper's PC government has done some serious arm-twisting to keep the story away from the public.

The good folks at COMER have for years — decades, actually — been trying to get people to pay attention to what is far and away the biggest, most outrageous fraud ever perpetrated on the Canadian people.

Instead of the Canadian government borrowing money from its own bank, our bank — the Bank of Canada (BoC) — it has, since 1974, chosen instead to borrow exclusively from private international and domestic financial institutions providing them with enormous, absolutely risk-free profits for almost four decades.

The result, according to economist Ellen Brown: "By 2012, the government had paid C\$1 trillion in interest — twice its national debt. Interest on the debt is now the government's single largest budget expenditure — larger than health care, senior

entitlements or national defense."

While some of that interest was paid to holders of Canada Savings Bonds, the vast majority was paid to private lenders. In the early 1990s, at the height of the media's deficit hysteria and rhetorical nonsense about hitting a "debt wall," 91 per cent of the \$423-billion debt was due to interest charges. Our real debt — revenue minus expenditures — was just \$37 billion.

COMER has been trying to draw attention to this outrageous situation for so long, and have been ignored for so long, that their campaign is often portrayed as an eccentric sidebar, complete with conspiracy theories, to what is happening in the real world.

If you think having squandered a trillion dollars that could have been spent on the public good is a side issue, feel free. And if you think conspiracy theories are unappealing then you'll have to come up a compelling argument for a coincidence theory that explains why a nation would deliberately impoverish itself in the interests of international finance capital.



Creating Money In The Public Interest

The Bank of Canada was established as a private bank in 1935 under private ownership but in 1938, recognizing that money should be created in the public interest, the government amended the Bank Act and turned the Bank into a public institution.

The Bank was almost immediately harnessed to finance not only Canada's war effort (we ranked fourth in production of allied war materiel) but a long list of infrastructure projects including the Trans-Canada highway, the St. Lawrence Seaway, and over the decades, hospitals and universities across the country.

It was mandated to lend not only to the federal government but to provinces and municipalities as well, with a limit of one-third of the federal budget and one-quarter of a province's.

It also created a subsidiary, the Industrial Development Bank, helping create the industrial base that recent Liberal and Conservative governments have all but destroyed through trade and investment agreements.

Continued on page 11

CON BOLAND ON THE TRILLION DOLLAR THEFT BY THE 1% OF THE CANADIAN WORKING CLASS *cont'd*

The list goes on and on — and includes social programs like the Old Age Security Act and programs to assist WW2 veterans with vocational training and subsidized farm land. The interest on its loans, of course, simply went back into government coffers.

But after nearly 40 years of this incredibly productive use of publicly created credit, unprecedented economic growth and increasing income equality, international finance got its chance to launch the free market counter-revolution against democratic governance.

Exposing The Scheming Of Finance Capital

In 1974 Canada immediately stopped borrowing from the Bank of Canada, launching the country on a deficit accumulation path that in 2012 saw interest payments to private lenders top \$1 trillion. Fast-forward to the present and the lawsuit which seeks to:

“[R]estore the use of the Bank of Canada to its original purpose, by exercising its public statutory duty and responsibility.

That purpose includes making interest-free loans to the municipal/ provincial/federal governments for ‘human capital’ expenditures (education, health, and other social services) and/or infrastructure expenditures.”

The COMER suit goes beyond simply demanding that the BoC return to its former practice and original mandate (which was never repealed). It goes to the heart of the scheming of finance capital in the early 1970s when Western governments were becoming increasingly active socially and interventionist in their economies. COMER alleges that “the Bank of Canada, the Queen, the attorney general, the finance minister, and minister of national revenue are engaging in a conspiracy with the International Monetary Fund (IMF), the Financial Stability Board (FSB), and the Bank for International Settlements (BIS) to undermine Canada’s financial and monetary sovereignty.”

Given the claim of a conspiracy one might have expected that the courts would agree with the federal government’s only defence to date: that the suit is frivolous and there is “no reasonable cause of action.” But clearly the facts of the case are so compelling that COMER and Galati keep winning.

Two courts have now refused to throw the case out. The federal government could have appealed to the Supreme Court of Canada but had to file by the end of March. They didn’t. For Galati, that is a sweet victory because now the government will have to produce substantive arguments:

“They have to actually justify why they haven’t been giving interest-free loans to the government. They have to justify why the Minutes of these Meetings in Zürich are kept secret. They have to justify why the Minister of Revenue is not tabling the true figures of revenue coming in. They have to justify this in law.”

Galati argues that not only may the BoC lend interest-free to the government, it is obliged to.

Of all the destructive elements of the so-called Washington Consensus (the name given to the free market counter-revolution launched in the mid-1970s), this one can actually be challenged in court.

Free trade deals, tax cuts for the wealthy and corporations, privatization, the gutting of social programs,

sweeping deregulation — all these either have been or would be deemed by the courts to be the purview of the legislative branch. But the very first initiative in this 40-year assault on democracy may actually have breached the law. And the courts seem willing, so far, to agree that this possible breach has to be explained and justified.

My deep gratitude go to Global Research for publishing Murray Dobbin’s observations. Murray is a journalist, broadcaster and author and has been a social activist for 40 years.

He writes rabble’s State of the Nation column, which is also found at The Tyee. Have a look at this the eye opening information on his website <http://www.thetyee.ca>



YOUR VOICE MATTERS with Joanne David



Solving Alberta's Homelessness

In this day and age, why do we still have homelessness in Alberta?

Donald Smith has been homeless in many cities across Canada: including the Alberta cities of Fort McMurray, Canmore, Medicine Hat, Calgary, and Edmonton.

I caught up with Donald last week and asked him a few questions about his experience of being homeless in Alberta. I asked him to review for me the main issues he thought were facing the homeless today. Some of his responses were surprising.



Donald was recently featured in the National Post for his experience of quickly receiving housing help, including the keys to a Medicine Hat subsidized apartment. Medicine Hat five years previously, had launched a homelessness plan to eliminate homelessness based on the

'Housing First' principle. Mayor Clugston expects he will declare homelessness solved by the end of 2015.

The plan appears to be working. Donald says his experience was positive and has been the best he experienced across Alberta. In fact, he was amazed at how quickly the municipality responded to his homelessness.

Not everyone agrees that the homeless deserve this kind of housing help. Says Colleen Meade, a Facebook commenter: "Wouldn't housing them with a plan to get them back to work make better sense? I believe in sheltering, not giving away free homes!"

Many also have commented on the obvious. Development programs marketed as housing programs, often help developers and financiers: far more than the people who need shelter and resources.

There is a perception that many people who are selected for housing programs are in fact wealthier than many severely marginalized individuals, including the homeless.

Yet, the homes are not free. They are subsidized, and at least in Medicine Hat, are readily accessible to those that need them.

Challenges are often overlooked and do not stop with actual housing: but in the fairness and accessibility of housing.

"I support good housing for everyone, but I do

see that addicts get more help than hardworking people," says Donald. "Housing first programs support the drug addicts more than real people who also need help."

There is also the issue of empathy, training, and services: that is in desperate need of improvement. Donald claims a mental health issue that makes it sometimes difficult to communicate effectively. Yet, he is not afraid to ask for assistance. It is just that doing so results only in paper resources being handed to him, and individual staff do not provide extended assistance such as making phone calls. Obtaining the first step, a proper diagnosis, often requires long-term commitment plus caring help.

Finding mental health professionals is currently difficult in the province of Alberta and is generally unaffordable. Alberta has among the worse access to mental health services across Canada. Mental health treatments such as cognitive therapy provided by registered psychologists are not included in our health care plan: thus not affordable to those with limited means. A psychologist fee will range \$100 - \$180 per hour in Alberta.

Says Donald: "Homeless shelters are dirty and not safe. I have seen people get assaulted, even abused by staff for speaking the truth."

When I asked him for details on what he meant, he went on to tell me that staff are often

verbally abusive and show little understanding to the plight of the man on the street. In one example, Donald complained about retail cards donated by businesses by obvious good people, to a popular shelter. Donald and others witnessed a shelter staff member steal the donated cards. Yet, when he complained, he was not listened to: instead, he was thrown out of the shelter for complaining.

There is currently no government run board that addresses fairness and administrative issues and complaints. A homeless person would have no choice but to leave the shelter, often with nowhere to go.

This type of non-resolution appears to at least influence other issues, such as with police officers. The perception is, that asking for help is a crime, and police officers are not trained to effectively handle either homelessness or mental illness. Empathy is not a skill that is well developed in our current judicial system, including by authorities.

Many individuals with mental illness seek help and attention from law enforcement, and are sadly detained and questioned. Sadly, many are issued jaywalking tickets they cannot afford to pay, and are left with no real help. The sense of non-caring leaves the feeling of isolation, and increases behavior and other issues.

Continued on page 13

YOUR VOICE MATTERS with Joanne David *cont'd*

As the NDP in Alberta complete their landslide victory, Alberta's air is hopeful. People voted for change. Yet in the area of homelessness, many wonder what type of change will happen, if any at all. What will the new NDP government mean for them? In another telling comment, the last of Donald's before we said goodbye: "Voting is a joke because they don't listen to you."

I suggest we all find the time to care, and ask

Rachel Notley and our representative MLA's to address not just homelessness, but the associated homelessness issues facing some Albertans today. We look forward to your listening, and for your solutions.

Albertans have big hearts, and we care. At the moment, I believe speaking out on these issues matters more than ever.

Your voice matters! I believe in you!

Chat with Joanne & friends on Facebook:
www.facebook.com/LegacyTalkTV

Need Help to Vote?
www.PoorVoteTurnout.ca

meets each Wednesday
 7:00 PM - 8:00 PM to
 discuss issues.

Videos:
www.youtube.com/LegacyTVLive



MENTAL HEALTH WEEK

By Peter Schultz

My Own Experience As Someone With Bi-Polar Disorder

"A wondrous time is spring, when all the trees are budding, the birds begin to sing, and flowers start their blooming. That's how it is with GOD's love once you've experienced it. It's fresh like spring, it makes you want to sing, and you want to pass it on. I wish for you my friend, this happiness that I've found; you can depend on GOD. It matters not where you're bound."

I'll shout it from the mountain tops. I want my world to know, the LORD of love has come to me, and I want to pass it on. I've sung this song over the phone while dealing with TELUS in Guatemala, The Philip-pians', Quebec, BC, & many other places. Several people said it made their day. You can read the words on computer by accessing, "Pass it on."

These last 3 weeks I've been so full of love, peace & joy, all day long. I can hardly wait to get up. But, for 4 months before this...I was so depressed that I didn't care about anything, myself or anyone else. 2 months before that I was depressed for 5 months, and 2 months before that, I was depressed for 10 months. I did know that GOD still loved and understood me, better than I, or anyone else did and I read my Bible and prayed, morning and evening, but seldom went to church, or my 12 step group. Although that would have been better for me.

I read over 50 books in the last depression period and slept about 12 hours a night. I thank GOD that my family and pastor visited me, prayed with me and sang songs with me. I didn't even go out at Christmas, Easter, or my birthday. A few of my homeless friends came to visit me, but I felt unable to help them.

What helped me out the most this time: My special brother took me to the mountains, together with my 94 year old mother and others. When I perceived the majestic mountains, I was able to let GOD back onto the throne of my life. The most important principle in my life, is to love my neighbor as much as myself.

A few days ago, I had brought a lot of fruit, tomatoes, juice and chocolate. I did some writing on a picnic table in the Giovanni Italian Park. I offered a woman some food, and was able to take her to my Christian doctor at the Hope Medical Clinic, and waited with her for over 3 hours for an IV shot for her badly infected foot at the University Hospital. Then I was able to get her a taxi to a friend's place. She was my "neighbor" that day and I enjoyed letting GOD's love for her flow through me.

How You Can Help Someone Who Is Very Depressed:

1. Pray for them and when possible, with them.
2. Write them a card or a letter, or draw them a picture.
3. Give them a flowering plant.
4. Sing them a song.
5. Read or write them something helpful from the Bible, or another helpful book.
6. Offer them a ride to church, a park, or to a restaurant.
7. Leave a phone message.
8. Send an email of encouragement.
9. Offer to walk with them in the sunshine.

REACHING FOR THE STARS



By Sabrina Charles

The last four editions of *Reaching For The Stars* has taken you on a journey of self discovery. It has empowered you to look at life different; it has urged you to look at yourself different. And most of all, it has given you a brand new perspective of this mighty Universe we live in.

And while this has been all well and good, it's time to put some action into all of this to help you start manifesting change in your life. I'm going to teach you a tool, so profound, it literally has the power to change your life in an instant.

"When you change yourself on the inside, the entire world changes on the outside." We've all heard something like this but what does it really mean? It means that in order to change your world, your circumstances, your life, you must make some big changes on the inside. One of the most incredible ways to do this is by breathing consciously.

There is a technique that I refer to as Sacred Breathing and it is one of the most powerful tools you

can have in your self-empowerment tool belt. Now I know you're asking: "Why do I need to breathe consciously? I breathe every single day but that doesn't change my life." Well, when you practice this breath, in the manner I am going to teach you, you will see the immense difference between an automatic function of your body and manually taking the controls. Kinda like the difference between driving an automatic transmission or a 5-Speed manual transmission.

You don't even have to know the mechanics of how this works in order for it to affect you. That will come in time. All you need to know is the very basics and then to learn the technique, which is incredibly easy.

The breath is called The G Breath. The G stands for Gamma, which is an incredibly powerful brain-wave that is produced as a result of you doing these cycled breaths. Gamma is your bodies very own healing mechanism and has the ability to shift your entire perspective, situation, mood, pain level, etc.

The breath contains 4 different breathing patterns:

- Inhaling in the Mouth and Exhaling out the Mouth: MM
- Inhaling in the Mouth and Exhaling out the Nose: MN
- Inhaling in the Nose

and Exhaling out the Nose: NN

- Inhaling in the Nose and Exhaling out the Mouth: NM

Each inhale and exhale should last 3 seconds in and 3 seconds out. The cycle is complete when you circle through 13 of these breaths. You will start by emptying your lungs completely out your mouth; making sure to push as much air out and tightening your belly muscles.

At the completion of this breathing sequence, you will feel cool, calm, collected. You will feel totally relaxed, maybe a bit dizzy. But know, there is no harm that could ever come to you by doing these breaths! You might want to try this for the first few times sitting down and then once you're a pro, you can do it standing up, walking, running, working out...anywhere & anytime!

Are you ready to give it a try? Just follow along with the written instructions below.

THE G BREATH

Start by emptying your lungs all the way out your mouth....

1. Inhale in the Mouth and out the Mouth: MM
2. Inhale in the Mouth and out the Nose: MN
3. Inhale in the Nose and out the Nose: NN
4. Inhale in the Nose and

out the Mouth: NM

5. Inhale in the Mouth and out the Mouth: MM
6. Inhale in the Mouth and out the Nose: MN
7. Inhale in the Nose and out the Nose: NN
8. Inhale in the Nose and out the Mouth: NM
9. Inhale in the Mouth and out the Mouth: MM
10. Inhale in the Mouth and out the Nose: MN
11. Inhale in the Nose and out the Nose: NN
12. Inhale in the Nose and out the Mouth: NM
13. (LAST ONE) Inhale in the Mouth and out the Mouth: MM... and HOLD FOR 3 SECONDS...Then release your belly and take a natural 1/2 breath in your mouth.

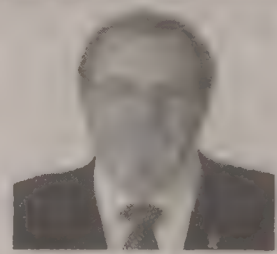
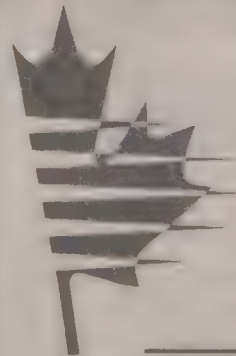
Good! Now take a few moments to allow that to settle into your being. You can close your eyes if you'd like or keep them open; it's up to you.

So now that you've experienced your first G Breath, you're probably wondering when would be a good time to use it and for what reasons.

- Well, how about when you are stressed? When we are stressed we can't think straight; we can't function properly. Doing this breath will help to re-center your "brain & being" and then the task at hand won't

REACHING FOR THE STARS *cont'd*

- seem so daunting.
 - When you are low on energy, this breath will pump you up with some of that beautiful Gamma energy that your body craves. Even though it relaxes you, it still has the power to energize you.
 - When you are feeling ill, this breath will pump out that healing Gamma to help you feel better.
 - When you are doing your exercise routine, go ahead and do the G Breath along with your repetitions. You'll have more endurance and even build stronger, more intelligent muscles! In fact, you can play around with the speed. Try it for 1 second in and out; try it for 5 seconds in and out. You'll be amazed at the various results!
- Peace, Love & Joy,
Sabrina*



PETER GOLDRING
Member of Parliament
Edmonton East

A MOTION FOR POLICE BODY WORN CAMERAS AND DASHCAMS

Through my Parliamentary Motion 603, I am urging on all police forces in Canada to use body worn cameras (BWCs) and police dashboard cameras.

I have long been a proponent of BWCs, but the decision to act on this issue by way of a Motion comes at the heels of the still unresolved incident in Bathurst, New Brunswick, where 51 year old Michel Vienneau was fatally shot by police in his vehicle; the 2013 Toronto streetcar shooting of Sammy Yatim by police, who was shot at nine times; and, most recently, in North Charleston, South Carolina, where Walter Scott was shot at eight times by police. It is noteworthy that North Charleston, with a population of 100,000, has dashboard cameras in its police cruisers, which *did* help determine the circumstances surrounding Mr. Scott's murder. The city had previously ordered 120 BWCs for its officers, and has now ordered cameras for all police. With a population ten times the size, Edmonton should do the same.

We have the technology readily and economically available to help explain these tragic encounters and many others less tragic. This would provide substantive evidence to protect both the police and the public, as well as save vast amounts of court-time. Police could spend more time policing and less time in the court room.

These recent cases clearly demonstrate the need for BWCs and dashboard cameras. This Motion will garner support for future action throughout the various police jurisdictions, showing the support of the House of Commons for such a cause, and eventually lead to a legislated response.

It is my belief that dashboard cameras in patrol cars be used, and BWCs worn by all police officers, as a measure of public safety and investigative efficiency. These important tools must be made mandatory, especially in our own community.

What do you think?

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EDMONTON COALITION ON HOUSING & HOMELESSNESS (ECOHH)

Housing, Home, And Hope

This column is provided by Edmonton Coalition on Housing and Homelessness. For more information about this community organization, see www.ecohh.ca. ECOHH invites people and organizations to become members in support of its work. ECOHH has an email service that sends a wide variety of news and research items to interested people. To be added to this service send your email address to info@ecohh.ca

Learn More About Why Housing Is Important

Early June offers Edmontonians a great opportunity to learn more about both the crisis in housing that makes life difficult for many people in our communities and to be part of creating solutions. ECOHH is presenting a conference, "The Right to Housing," on June 5 & 6. It will feature one of Canada's leading experts on housing, Michael Shapcott. There will be a session at a tipi to learn about Indigenous understanding of home, small group walks through the urban core area with people who

live with the experience of homelessness, presentations on Canada's past history of providing affordable housing for people and on some aspects of the current crisis--and even some time to enjoy the music at the Heart of the City Festival. Registration is now available at www.ecohh.ca or by contacting Jim Gurnett at jimgurnett@yahoo.ca. Regular cost is \$75, student and low-income rate is \$40.

Being Homeless Can Kill You

For 10 years, there has been an annual service in Edmonton for people to gather and honour the lives of people who have died because of homelessness. Over those years, the lives of about 450 have been remembered. The 2015 service is at 3 pm on Friday, June 5. It takes place at a small park at 100 Street and 103A Avenue, just across the street from City Hall, where a sculpture provides a permanent reminder of the need to end homelessness. Everyone is welcome to the service, but especially those who know someone who has died. For more on how being homeless affects health and quality of life, check this article:

The Controversy Of Panhandling

People have strong views about panhandling and other activities by people living in poverty that take place in public such as sleeping on bus benches. A recent study in Ontario looks at the cost of enforcing laws about such things, in light of legislation there to regulate such behaviours: <http://www.nome-blog/hov-much-safe-streets-act>

Miley Cyrus Is Fighting Homelessness

Singer Miley Cyrus, fed up with official lack of action for people who are homeless, and especially for those who are LGBTQ youth, has created her own foundation to raise support for services and facilities for struggling people. <http://www.out.com/music/2015/5/05/exclusive-miley-cyrus-launches-anti-homelessness-pro-lgbt-happy-hippie-foundation>

Homeless World Cup

Soccer is popular in Alberta. Tens of thousands of children and adults play. In Edmonton there is even a special program to support children from families that may not be able to afford the usual fees for league play are able to be involved, the Free Footsie program. But how many knew there is a whole international movement to provide the opportunity to people who are homeless to be involved in competitive soccer?

<http://www.cbc.ca/news/canada/hamilton/news/homeless-world-cup-canada-2011/1.1000000> during-pan-am-1 (046032

Government Operating Grants Keep Rents Down

For decades hundreds of thousands of people with low incomes have been able to have decent housing in Canada thanks to a program that has provided subsidies to housing co-ops and social housing projects to cover the difference between real operating cost and the revenue available when people are given low rents. But now those operating grants are expiring and there is a

Continued on page 17

*A truly rich man is one whose children
run into his arms when his hands are empty.*

Unknown



EDMONTON COALITION ON HOUSING & HOMELESSNESS (ECOHH) *cont'd*

danger it will have a great effect on affordable rent for many people. This recent article in Edmonton Journal looks into this problem:

<http://www.edmontonjournal.com/news/edmonton/Thousands+people+jeopardized+loss+rental+subsidies/11013593/story.html>

Treating Homelessness As A Crime Not The Best Approach

A recent conference heard a senior RCMP official suggest that using police and low-enforcement to

deal with issues related to poverty and homelessness is not the best way to get positive results for the people involved or the larger community.

<http://www.cbc.ca/news/canada/north/police-wrong-tool-to-deal-with-homelessness-says-head-of-yukon-rcmp-1.3048156>

From NIMBY To YIMBY

When there are efforts to develop affordable housing in neighbourhoods often people fight them, raising fears about all the problems that will come from such housing in a

community. This is often called "NIMBY" or "Not in my backyard." ECOHH has published to leaflets refuting many of the myths about affordable housing and these are available at the ECOHH website (www.ecohh.ca) and now a recent publication from Ontario offers a wealth of ideas for people who want to make their own communities more friendly to low-income housing- the "Yes in my back yard" approach.

http://www.acto.ca/assets/files/docs/Home-Coming_YesInMy-Backyard_2005.pdf

WHERE ARE THEY?

By Linda Roan

Where are the Fathers in our lives? Some Fathers show that they care for us by giving their time, encouragement, correction, and resources to help us succeed in life. Others are too busy with their own pursuits, and still others just don't care.

A friend of mine tells the story of his Mother who left him when he was five years old. For weeks and months he waited for his Mother to return, but she never did. His Father showed such little care for him that he was put in a foster home. When my

friend became a teenager, he ran away from the foster home and went to Vancouver. One morning he woke up cold and lonely near a busy street. His head throbbing with a hangover, he noticed that someone was standing near him saying, "If you keep following this path, son, it will only lead to disaster." My friend looked up to see the kind, but stern face of a policeman. Was it the way he spoke, or was it the way he said "son," that made a big impact on my friend? After completing his schooling, he married a loving, loyal woman. Now he has children of his own. He shows

his love and care for them every day and his family is proud to call him Father.

Where are the Fathers? They walk among us. They are the ones who "Protect and Serve". Thank you for your correction, encouragement, and protection. Many of you have children who are proud to call you Father.

**Happy Father's Day
to the men of our
Edmonton Police.**

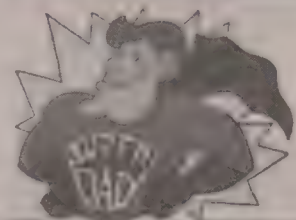
**Thank you for
caring.**

Did You Know?

FIRST FATHER'S DAY.

In 1910, a Father's Day celebration was held in Spokane, Washington, at the YMCA by Sonora Smart Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there.

*A Father Is His
Son's First Hero*



*A Father is His
Daughter's First
Love*





PROUD SUPPORTER OF



Martyshuk Housing encourages and supports the development of innovative private-public-community-client partnerships to provide permanent supportive housing that is safe, secure, and affordable to low income individuals, especially those who are homeless or at-risk of becoming homeless. We adapt our services to clients and not clients to our services.

Our Vision is a to provide Homeless-free communities where everyone, regardless of background, lifestyle, ability, or creed, can live and thrive in safe, healthy and supportive permanent housing with dignity and pride.

By dreaming big and keeping this dream alive, we know this vision will become reality. Contact us if you would like to be a part of the Martyshuk movement to abolish homelessness.

You can read more at:

www.martyshukhousing.ca

CONTACT INFO

Phone: 780.758.1470

Fax: 780.758.1471

Email: info@martyshukhousing.ca

BACK ON TRACK with Sarah J. Barendse



Homelessness Is Not A Disease

How would you feel? Down to your last dollar, no money for rent, no place to keep your possessions (what you have left anyway) and no one to turn to who will help you. You are out on the street.

Strangers that once smiled at you as you pass by now look away purposefully out of uncomfortableness and shame.

You are now a non-person. Looked at as somehow a lesser being. Are you not the same person you were a few months ago? Of course you are – but that's not what people now see.

Why won't they look at you? – Fear? Disgust? Anger? Do they think that their just lazy? Do they believe that they did this purposefully as a life choice? Or, are they afraid that someday it might be them?

There is no way to know for sure and everyone has his or her own individual reaction to the homeless.

Economic times are tight...Many of us are just squeaking by as it is, even if fully employed. We cannot always help as much as our hearts tell us to. For many, the easiest way around that is to avoid dealing with it all together.

Don't look at them and they don't exist – right?

It doesn't work that way. They are there and they are real. They are our brothers and sisters, friends, neighbors and even parents and

grandparents. They need our help.

Every act of kindness will help to raise the vibration of this world from one of fear, selfishness and greed, to one of generosity, love, and strength.

If you have an extra dollar, share. (The best way to make the change is to contribute to a charity that houses and supports the homeless. - Editor's note)

If you don't – at the very least make eye contact and smile just like you would to any other person.

Dignity doesn't carry a price tag.

CHAINS OF THE PAST, BROKEN



By Angelique Branstion

Father's Day comes in June, as does my son's birthday – only a few days apart, yet - there is a world of difference for me.

When I was a child, I use to dread Father's Day. It was a day filled with fear. Who knew what kind of anger a small trinket given by small hands could bring?

My father was a man who was a product of the Residential Schools. His mother had been torn from her parent's arms in the middle of the night, only to be tortured, raped and abused. She never learned how to be loved, nor how to love. It is little wonder she found a man to marry who was angry and vicious, thus continuing the cycle of hate.

My father was taken away by social services for his own safety and went from home to home. He too, never learned how to be a whole person. I think he conned my mother into marriage somehow, portraying himself as someone other than he was.

At that time, divorce was considered taboo if you wanted to get into heaven. This is what the pastor of the church told my mother, and that "a man does what a man does." Even when she tried to run, he would beat my mother - almost to death - and would swear he would finish the job if she ever tried to leave again.

I do not blame my mother for this, rather I blame the times. I thank God that such Dogma's in the church are being squashed out. Then I married a man, and realized after I was hospitalized by his brutality, that he was from the same mold as my father.

But, I broke the chains of

hate and left him when my son was a few months old – with my mother's help. I have never looked back.

So even though Father's Day brings me a mixture of emotions, ultimately, it is joy and love that wins for me. My son is growing up in a loving environment and knows that even when he makes mistakes – he is always loved and accepted. I may have been disappointed by some of his decisions, but he is never disowned. I am told that I have raised a good son. I thank God that the cycle of violence has finally ended in my family.



PANELISTS ADDRESS CANADIAN VALUES AS WE APPROACH CANADA'S 150th BIRTHDAY

By Linda Dumont

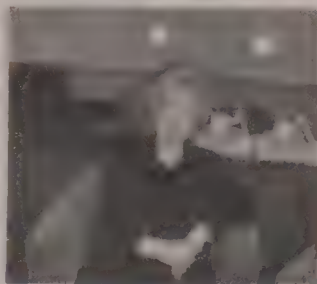
The International Association of Citizens for a Civil Society convened a panel discussion on Canadian Values. Canada's Value - hosted in partnership with the Peter Loughheed Leadership College at the University of Alberta TELUS Centre, was held on Wednesday, April 15, 2015. Panelists included the Right Honourable Kim Campbell, former Prime Minister of Canada, founding member of Club Madrid, and Founding Principal of the Peter Loughheed Leadership College, and the Honourable Lloyd Axworthy (Ph. D), former minister of foreign affairs, past president and vice-chancellor of the University of Winnipeg, and chancellor of St. Paul's University College. The event was moderated by the Honourable Douglas Roche, author, senator and former parliamentarian.

The discussion reflected on the Canadian values that have shaped us; Canada's value as an exemplar of civil society; Being and belonging at home and in the world; Becoming the best Canada for the world; and -

Evolving a new political and societal culture in which peace, human dignity, and the dignity and broader framework of human rights become the foundation of everyday life.

Roche opened the discussion asking "What do we stand for? Are peace, human dignity, and human rights essential?" He reminded us that citizenship carries certain obligations. He also said, "We have to protect those Canadian values that have permitted us to have remarkably little conflict between people of diverse backgrounds."

**Right Honourable
Kim Campbell**



Kim Campbell opened by reflecting on how Canadian values have changed, particularly in the status of women. She said it was a different world when she was young. "Earlier, John A. Macdonald spoke in favour of votes for women,

but it was not until 1917 that women could vote". She sees the adoption of the Charter of Rights and Freedoms in 1983 as an important milestone in the rights of women.

When she was minister of Justice, Campbell looked at women's rights. She pushed through what has become known as the "No Means No" Bill in regard to sexual assault, but, she admits that we still have a long way to go in how sexual assault cases are handled in court, as women still have to prove that they are victims.

"What is appropriate in Canadian Society?" Campbell asked, referring to a new immigrant who took the oath of citizenship wearing the face covering of her Muslim faith. Her concern is that the face covering shows women in a position where they are subjugated to men. She also added, "There is a lot of research stating that human empathy develops from seeing someone's face. I am concerned about the notion that a woman's face should not be seen," Campbell explained. "It is unfair to burden women to take

responsibility for men's behaviour. Women have physical integrity regardless of what they are wearing."

Campbell created the Department of Canadian Heritage, to address the challenge of how we educate people about our heritage, even the blots on our heritage. She said, "We are not a perfect society. We are not angels. We are not a perfect people, but we have grown."

Campbell concluded by saying, "As we maintain and update our values because of immigration, we should understand that it has an impact beyond our borders."

Dr. Lloyd Axworthy



Dr. Lloyd Axworthy, opened by saying that we are on Treaty 6 land in the heart of the Métis Nation.

Continued on page 21



PANELISTS ADDRESS CANADIAN VALUES AS WE APPROACH CANADA'S 150th BIRTHDAY *cont'd*

Axworthy said, "The idea of a dialogue towards the year 2017 has real importance in getting Canadians engaged in who we are and where we are going. It was the women and cultural groups that pushed the Charter of Rights and Freedoms forward. the dominant force that brought it forward. The magnificence of the impact of the charter began because a lot of committed Canadians made their voices heard.

"In 2017 we should have a new narrative for Canada. We need to reweave our experiences with a new narrative regarding the shifting values and the issues we face. There is a big shift happening with the digital world. The world is on the verge of some real changes that will affect our outlooks, and the role of the nation states. No country is an island in itself."

He also said that having a powerful nation - the United States - defending our shores has been an advantage for us, but we are no longer immune to anything. There are global based phenomena and broad global changes happening such as global warming, and terrorism. 911 has changed us in that security has become a concern and how we all lost as a result of that. Due to global warming, the

melting perma-frost in the north is releasing toxins into the environment. The food chain in the north is now corrupted and, he said, that is a form of genocide.

Regarding our First Nations people, Axworthy asked, "How can we present ourselves as a civil society when our initial inhabitants are treated as 15th class citizens? We tolerate it and it is unparalleled in other area of the world. Where are their cultural rights? If the government decides they should be moved, they have to move."

He added, "We have had some positive changes in the last few years with the Idle No More movement and several important court cases, but we are still way behind the rest of the world that says you cannot take resources on aboriginal territory. We need to make that singular change in our land use policy. Let's rewrite that narrative in terms of First Nations, Métis, and Inuit in regard to the right to their land."

Another area Axworthy addressed is the role of Canada and the United Nations as peacekeepers. He believes we have to re-engage that role in the world that is crying out for leaders.

"We are ready for change

in the world. There is an energy in the middle class in the southern part of the world. Charles Taylor calls it the affirmation of ordinary life with a degree of security, optimism and space. Let's make that a new narrative for 2017."

A discussion followed in which the panelists addressed questions and remarks from the floor. Roche asked, "How had the atmosphere changed as to ordinary people. Have we become blasé?"

Campbell said, "I constantly marvel that I have won the lottery of being born in Canada. We have a culture that understands how to make our institutions work, but our young people are not voting - there has been a decline in voting. That concerns me. If you don't vote in the first two years that you are eligible to vote, you probably never will vote. In the past here was a sense of citizenship that has been lost in our young people."

Axworthy said, "The political parties no longer provide a focal point in getting people engaged. Our institutions don't

do nearly enough to let people know what is going on in Canada. I want to establish a mandatory course on the Aboriginal experience in Canada."



Roche asked how the role of peacekeepers in the world through the United Nations has changed fir Canada since 911. Axworthy replied, "The focus has shifted to spending billions on surveillance." He observed that as a bilingual country we have a unique position, but we have pulled out of engagement on the peacemaking side.

Azim Gerar remarked from the floor that too much of an issue was made about one woman who took the oath of citizenship with her face covered. He also said that we do not need specific laws about 'honour killing' because killing is already against the law, so we don't have to bring unnecessary attention to that issue.



LIFE THROUGH THE EYES OF A TRANSEXUAL ARTIST



By Summer Adams

Being trapped in a physical place or a situation would be hell. Being trapped within your own body is certain hell. I've been through the latter. Today, I am not trapped in that body, but rather, I am ever coping to this new life and the way I am seen by other people. Make no mistake about it. I AM seen as a woman. I SEE as a woman.

For me to come out as transgender - and live as the woman I felt I was - required the utter destruction of myself and some serious soul searching. I was bogged down in addiction and completely lacking self-worth. I found escape in a syringe and a bottle. The music I wrote, the life I lived, the job I held - all spiraled downward until there was nowhere left to go. I had to address my gender identity issues. One by one, I started losing people close to me; pushing them away or scaring them away through my self-destructive ways and behavior. I lost family, friends, and even myself. These negative things kept pushing

me more and more into IV drug use - and ultimately left me for dead in a city far from home with zero hope. But, when you're at the bottom of your own soul and there is no hope - there's only one direction you can look towards... up. I somehow, unconsciously built a support system for myself - by surrounding myself with people who could help me through this dark time. People who forced me to understand that I was killing myself. So...I took the steps that most surely saved my life. One constant throughout my transition was music and art. This has always been my outlet, and I have always found it to be a grounding and stabilizing force in my life. I was in the midst of getting used to the pro-nouns - being called, "miss", "ma'am", etc... and re-inventing myself. I took my "coming out", as a chance to shed the bad parts of me, improve on the good parts, and absorb all I could from the positive and helping people who truly cared. When I became myself, I started loving myself. I began to embrace the change I was so terrified of making all my life. The phobia's I had built up inside my head were wiped away pretty much instantaneously.

When I look back on the art I created - before, during and after my transition, I see that the content switched in perspective and in expression, from a more cynical and helpless outlook - to one of

courage and rebirth. The tone of the lyrics and poems I was writing started to change. I wrote of friends I lost and gained, lovers that had come and gone, and how these lovers were changing alongside my transition. I slowly started feeling an attraction to men instead of women; now that I had become a woman. Old songs or poems were changed at times to reflect the change I felt in attraction. Where I had once sang of a girl - I was now singing about a boy. The music itself was written softer and slower and I trained my voice to do the same. Stories and music I was writing started to scream female anguish and female soul. I tuned all my guitars up to concert E instead of the dropped C# and Eb tunings I used as a male.

Six months into my transition, I started HRT (hormone replacement therapy). This made dealing with me a headache to those around me - especially my musical partners. I will never forget the first night I went up on stage as a woman performer, and how the apprehension and anxiety melted away under the stage lights as I played. I concentrated on playing the right notes with the right amount of soul and feeling added in. The third song in was all me. On lead vocals, being watched by everyone in the dimly lit blues bar, I wailed away in my signature husky voice, trying to make it as sultry as possible - hoping the

people listening would not pick up on the fact that I used to be a boy. If there was any suspicion in anyone's minds, I certainly clarified things when I drunkenly told the room of my transsexuality through the blaring PA system. I think I introduced a song as, "This next song is about a boy, who meets a girl, who then falls in love with this girl, then the boy changes into a girl, and the girls break each other's hearts." Maybe the meaning of what I said was lost on them; for I heard no mention of it after we had played and were amongst the crowd. Men were coming up to me, saying they've never heard a woman play guitar like I had, and everyone seemed to enjoy it! This was one of the things that would help me through the self-conscious issues I developed as my transition progressed. People not knowing, or realizing that I was transgender. Soon I would have a working rock band.

Biography of Summer Adams

Edmonton based
Transgender women.



RESOURCES

EDMONTON

Bissell Centre
10527 - 96 Street
Meal Schedules
Monday to Friday
Sandwiches 10:00 a.m.
Snacks 2:00 and 6:00 p.m.
Tuesday and Thursdays - Hot lunch
for Women at 12:00 p.m.

Inner City Pastoral Ministry
10527 - 96 Street (Bissell Centre)
Meal Schedules
Sunday 12:00 to 1:00 p.m.
After the Church Service

Christ Church
12116 - 102 Avenue
Meal Schedules:
3rd Sunday of the month
5:30 p.m. meal

Lighthouse Ministries
3010 - 119 Avenue
Meal Schedules:
Wednesday and Sunday
1:00 and 7:00 p.m. Meal

Salvation Army
9620 - 101 A Avenue
Meal Schedules
Thursday 12:00 to 3:00 p.m.
Friday 7:30 to 8:30 a.m.

B's Diner
100 Street & Whyte Avenue
Meal Schedules
Wednesday 1:00 to 3:00 p.m.
Meal

Boyle Street Community Services
10116 - 105 Avenue
Meal Schedules from Nov to April
Monday to Sunday
Breakfast 7:00 a.m.
Lunch 11:30 a.m.
Meal Schedule Summer:
Monday to Friday
Lunch 11:30 a.m.

Hope Mission
(780) 422-2018
Meal Schedules
Breakfast 7:00 to 7:45 a.m.
Lunch 12:00 p.m.
Supper 5:00 to 6:00 p.m.

All Saints' Anglican Cathedral
10035 - 103 Street
Meal Schedules
Thursday 12:45 p.m.
Friday 7:30 - 9:30 a.m.
Breakfast served November to March

St. Peter's Lutheran Church
9606 - 110 Avenue
Meal Schedules
Tuesday, Wednesday & Thursday
7:00 to 9:00 a.m.

Marian Centre
10528 - 98 Street
Meal Schedules
Daily EXCEPT Wednesday
12:00 to 12:45 p.m.
Closed from the 27th of each month to re-open for the 1st of next month.

Jasper Place Health & Wellness Centre
15210 Stony Plain Road
Meal Schedules
Tuesdays 6:00 to 7:00 p.m.

Edmonton Orthodox Reformed Church
11610 - 95 A Street
Meal Schedules
Thursday 6:15 p.m. Soup & Study

The Mustard Seed
10636 - 96 Street
Meal Schedules
Monday to Friday
7:00 to 8:00 p.m.
Zero Tolerance to alcohol

Operation Friendship
9526 - 106 Avenue
Meal Schedules
Monday to Friday
Breakfast 9:00 a.m.
Monday to Saturday
Lunch 12:00 p.m.
Supper for Seniors 55 and older ONLY 5:30 p.m.
Red Road Healing Society
4225 - 118 Avenue
Meal Schedules
Tuesday & Thursday 5:00 p.m.
Meal
Friday 12:00 to 1:00 p.m. Soup
Barnack

Robertson Wesley United Church
10209 - 123 Street
Meal Schedules
Sunday Dinner
1:30 to 5:00 p.m.

St. Faith's Anglican
11725 - 93 Street - Parish Hall
Meal Schedules
Thursday 12:30 p.m. Soup
Saturday 8:30 to 10:00 a.m.
Breakfast
1st Friday of the month
10 p.m. Supper

Victory Café and Soup Bar
13411 Fort Road
Meal Schedules
Monday 5:30 to 6:45 p.m.
Menu

CALGARY

Drop-In Centre
2601, 3rd Floor
1 Dermot Bldg in Wex. SE
Meal Schedules
Monday to Friday
Snacks 9:00 a.m.
Lunch 12:00 p.m.
Snack 1:30 p.m.
Dinner 6:00 p.m.
Center of Hope
420 - 9th Avenue, SE

East Community Outreach
117 - 7th Avenue, SW
Meal Schedules
Sunday 1:00 to 4:00 p.m.
Emergency Meals

Calgary Inter-Faith Food Bank
(403) 243-2055
1111 Harper
NeighbourLink Calgary
(403) 243-2700
1111 Harper

Youth Shelter
112 - 16th Avenue SE
Meal Schedules
Monday to Friday
Snacks 9:00 a.m.
Lunch 12:00 p.m.
Snack 1:30 p.m.
Dinner 6:00 p.m.
Inn from the Cold
(403) 263-8384
emergencies 1:00 p.m.

Community Supports
Streetlight - Youth for Christ
Parks at 10th Avenue & 1st Street, SE
Meal Schedules
Monday to Friday
10:00 a.m. to 12:00 p.m.
Food Bank

Alex Community Health Centre
Unit 101, 1318 Centre Street, NE
Meal Schedules
Thursday ONLY at 10:30 a.m.

Calgary Street Church
1111, 1st Avenue, NE
Meal Schedules
Wednesday 6:00 p.m.
Friday 6:00 p.m.
Sunday 1:00 p.m.

Muslim Families Network Society, Halal Food
8336 - 34th Avenue, NW
Meal Schedules
Monday to Friday
9:00 a.m. to 12:00 p.m.
Emergency 1:00 p.m.

Calgary Poppy Fund and Veterans
Meal Schedules
Monday to Friday
10:00 a.m. to 3:00 p.m.
Food Bank

CUFS (Calgary Urban Project Society)
128 - 7th Avenue, SE
Food Hamper & meals

Feed the Hungry, St. Mary's Cathedral
Meal Schedules
Monday to Friday
1:30 to 5:00 p.m.



Canada

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THE WANDERERS

By Rodney Graham
For *Street Sheet Canada*
in Winnipeg, Manitoba

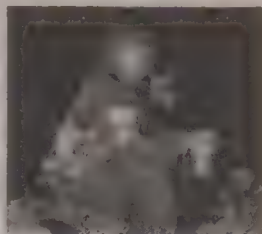
Winnipeg, MB - Who has not felt the urge to cast off responsibility and strike out for parts unknown? Without exception, everyone has sat at their office desk fuming over something the boss has done, or not done - or something in your life you can't do much about anyway. There is a breed of people who have done it - they said '... take this job and shove it - I ain't workin' here no more!' It is a lifestyle many of them have embraced as routine and are actually quite comfortable... well, most of the time anyway...

They used to call them hobos. They still do in the United States - or tramps, but in Canada we call them train-hoppers mostly. Some may ask, 'what good are they? They don't contribute to society, they're just dirty bums!' Well, I beg to differ... theirs is a priceless gift to us - a rich legacy; a national treasure even, and in the future - an historic picture of songs, adventures, tall tales, and ballads... It is actually us who owe them a lot. Personally, I have gained intangible treasure from them - the good influence they've been on me - Courage in hardships; loyalty to friends; resourcefulness; bravery; honesty; individuality; humility; optimism; tolerance; generosity...

Over the years I have met hundreds of youngsters and telling their story is of-

ten quite depressing, both for them, and for me too. But those are the youngsters barely in their teens and most are runaways. Studies have concurred that most are there because of extreme abuse of one sort or other at home. But this article is about those who are now still not so old - but sort of 'old hands' at being on the road with empty pockets. The kids I talked to in Winnipeg were mostly in their mid-to late twenties with thousands of miles of train hopping under their belts. Sadly, some of them, of course had tales of a bad childhood that traced its way to the road. But whatever their pasts - they were a great bunch: humorous, witty, and, maybe a bit filthy - but charming nonetheless.

They Are Not Really Bums



Like the charming hobo of old, some of the new train hoppers carry their tools with them. But for these young tramps in Canada, their tool of choice is not a hoe like the hobos carried - but a squeegee. What I have noticed over the years is how incredibly similar they are to the hobo of tradition.

Although there are differing opinions about how many hobos there currently are - they definitely have kept in touch. In fact, each year there is a convention

in Britt, Iowa where a "king" and "queen" of the hobos is named. The hundredth anniversary of the gathering will be in 2006.

Sarah George, a filmmaker from England, who made a documentary called "Hobo Jungles", said she had heard estimates of 10,000 to 100,000 regular freight hoppers in North America. But Gerri Hall, president of Operation Lifesaver, a rail safety group, says it is closer to 20,000 who ride the rails occasionally. The largest group, according to Hall are true tramps (mostly men from 30 to 50 years old). Followed by "punks". Youths according to Hall who are rebelling against society. I would add to that, however, some of these are probably youths who are running from abuse at home too... then there are "recreational hoppers", middle class people doing it for a thrill.

There's an old favourite hobo tune called The Big Rock Candy Mountain by Harry "Haywire Mac" McClintock, circa 1920, that goes like this:

On a summer day in the month of May a burly hobo came hiking down a shady lane through the sugar cane, he was looking for his liking. As he roamed along he sang a song of the land of milk and honey Where a man can stay for many a day, and he won't need any money

Oh the buzzin' of the bees in the cigarette trees near the soda water fountain, At the lemonade springs where the blue-

bird sings on the Big Rock Candy Mountain

There's a lake of gin we can both jump in, and the handouts grow on bushes In the new-mown hay we can sleep all day, and the bars all have free lunches Where the mail train stops and there ain't no cops, and the folks are tender-hearted

The Hobo Of History

In the mid-19th century, civil war veterans who were in need of work after the civil war had destroyed much of America's economy hopped freight trains. They were probably the first train hoppers. They traveled from farm to farm to work for whatever was offered. They often carried hoes with them. They called them 'hoe-boys'. Many historians agree that the term 'hobo' derived from the phrase 'hoe boy'. When you see cartoons of hobos with a stick on their shoulder and a knapsack they were actually carrying a hoe with a knapsack tied on the end of it. Young men worked in gardens for a few days room and board - the work they did was arguably not very necessary work, but an agreement whereby the hobo was given a full belly and maybe a pillow for a night. They would also do odd jobs like washing floors in a hotel, for example for a night's stay and a hot bath.

Black Tuesday, October 29, 1929, was the start of the Great Depression. This was the golden age of the hobo. During the depression it is believed that nearly one and a half million hobos from many

THE WANDERERS *cont'd*

walks of life road the rails. They had a culture and code all their own. They weren't bums; bums begged and hobos did work often for just a meal. According to Jeff Davis, King of the Hobos, 1913: 'A hobo is a man who will work when he can get it, at a decent wage, but insists upon the right to beat his way from town to town to better his condition - Men of character'.

The now famous Canadian "Trekkers" hopped east from Vancouver, BC toward Ottawa in the depression to demand more decent conditions for the poor. They were stopped and beaten by the R.C.M.P. in Regina, Saskatchewan while on their way to Ottawa.

Train Hopping Squeegee Punks



The use of the word "punks" is not derogatory; by the way, the "punk movement" is seen as something quite noble. I ran into Dustin and Mackie at Polo Park in Winnipeg. They had been trying to pan in front of the mall, without much success. Because of their extremely dirty fingernails and condition of their clothes I knew they were train hoppers. "We didn't have much

luck here," said 24-year-old Dustin, "We're trying to make enough to catch out to Edmonton. 26-year-old Mackie has been traveling for 6 years, Dustin for an incredible 12 years (and hopping for 8). They met first in Vancouver, BC one year ago then again in Calgary just three months ago. They then train hopped to Toronto from Alberta. When I met them they had just arrived from Toronto and were heading west again to Edmonton, Alberta. I gave them my phone number and left knowing they probably wouldn't call. Fortunately, however, I ran into them in Osborne Village later that day - and they introduced me to more squeegee punks and train hoppers than I had ever seen together in one place.

It was raining that day so they had taken shelter

under a bridge. The beer was flowing freely and there was carnival atmosphere there. It was like a family reunion, as young men and women who had not seen each other in months or years even, shared adventure stories. Woody Guthrie could be heard wailing away from someone's ghetto blaster. Later on, as everyone got more sauced, a few of the boys began singing 'King

of the Road'. None of them knew all the words to it though. Not much opportunity to interview there, but it was entertaining non-the-less. The reason so many had ended up in one spot is because a lot of transient youth and squeegee kids head west for the winter, where it is warmer. On my way home I looked up and saw about a dozen geese flying over Winnipeg - heading south. I had to chuckle... just like the train hoppers, I thought.

I sat on Osborne St. in Winnipeg talking to Dustin and Mackie the next day. Dustin or Mackie would every so often say, 'excuse me,' and ask a passer-by if they could have their leftovers. People were coming out of the many restaurants with little leftover bags. Dustin and Mackie were ready for dinner, and showed me the ingenious way they obtained it...

Personally, I never would have noticed the bags - but these two were a seasoned pair and they had hawk eyes. In fact Mackie and Dustin had themselves a quite a good dinner - mostly yummy Chinese food. While at the same time generously offering me all kinds of info about their very interesting lives.

I showed them the pictures I had taken of the big group under the bridge the previous rainy night. "Can I keep this one?" Dustin asked. I told him to keep them all since I made two sets of them.

"The rest of them will get a kick out of them when we meet up again," he

said, grinning. Then they showed me some pictures they had taken on trains. There was a picture of an old man standing on the street in one of them.

"Who is this old man?" I asked.

"He is a man who had seen us sitting on the sidewalk in Melville Saskatchewan earlier this summer. It was on our way to Toronto," Mackie answered. "It was funny... what he had said was, 'what are you two... some kind of new age hobos?' He was interested because he had known hobos decades ago. He invited us home and he had insisted we eat all the hot dogs we could because he owned a hot dog concession in town." She looked downwards at the picture again. "He's dying," she whispered... her eyes fixed on his picture, "He won't live much longer."

"Yeah," Dustin said, "we have to stop off and see him on our way through."

"Yeah, we really should, Dustin," Mackie replied.

The words of the song, Big Rock Candy Mountain, rolled in my mind...

*One evening as the sun
went down and the jungle
fires were burning.*

*Down the track came a
hobo hiking, and he said,
'Boys, I'm not turning.
I'm heading for a land
that's far away beside the
crystal fountain;
So come with me, we'll
go and see... the Big
Rock Candy Mountain.'*

INSIDER PERSPECTIVE with Laura Hunt



The Proper Term is Cannabis

There has been so much going on here in Alberta regarding the election of a majority NDP government, and the outright rejection of the PC's, (who have been in power here for 44 years) that quite frankly, it took me a while to decide what I was going to write about in this month's Insider Perspective. After much contemplation, I have decided to write about something I am personally passionate about, as I think this is an issue the NDP government and the people of Alberta will take an interest in. The issue I am speaking about is the economic, social, and potential health benefits that the legalization of "marijuana" could provide to us as Albertans. If you're wondering why I have chosen to put the word "marijuana" in italics, here is some very interesting information for you to consider. In the early 1900's, there was an influx of Mexican immigrants to the U.S., and they were put to work as

cheap labor in the farming communities. These people had very difficult lives and in order to relax after a day of backbreaking manual labor in the fields they smoked "marijuana." Tensions soon began to build between small and large farms, as it was primarily the larger farms that had access to this new form of "cheap" labor. Racial prejudice came into play, and so in order to associate these Mexican immigrants with something that was proposed to be very "low class", the word "marijuana" was invented in order to associate it with these immigrants. It is also certain that the illegalization of Cannabis in the 1920's was related to this racial prejudice. For hundreds of years prior, Cannabis was used as a pharmaceutical and available legally to the populace in tonics and other forms. The cotton industry also had a vested interest in keeping the growth of hemp down, as it is widely acknowledged that hemp is a much more durable fiber. So, this industry too, had much to gain by promoting the association of Cannabis to a perceived "lower class" of society.

There has been an old, antiquated argument that has been used for many years regarding the continuation of the illegal status of Cannabis. The argument

goes something like this. Marijuana is a very dangerous "drug" as it is the "gateway" drug and leads to experimentation and hard core addictions of substances like cocaine and heroin...etc... This has been disproven by the scientific community. Data from the 2012 National Survey on Drug Use and Health showed that 60% of Cannabis users go on to try other drugs, which might seem to prove the "gateway" theory, except for one thing - 88% of drug users started with alcohol. Information published by "Treatment4Addiction", which analyzed this government study, showed that alcohol is more of a catalyst for trying new substances, therefore preceding "marijuana" at the head of the chain. And there's more. Miriam Boreri, a sociology professor at Bentley University does not believe one type of drug use leads to another. In an article for "The Conversation", she pointed out that poverty, mental illness, and peer group pressure are all much stronger predictors of drug use. Scientist Denise Kandel of Columbia University, who coined the term "gateway drug", recently published a new paper on the subject, which shows nicotine is biologically the most potent gateway of all. When rodents were

primed with nicotine, then given cocaine, they liked the cocaine much more. So let's call it what it really is. Nicotine and alcohol are the true and actual "gateway" drugs. Which makes sense because these are actual physically addicting substances as opposed to Cannabis, which is not physically addicting.

There is another problem regarding the continuation of the illegal status of Cannabis. It is currently acting as a profitable substance used to support the crime element. In other words, profits from the illegal sale of Cannabis are going to fund the purchase and distribution of much more dangerous drugs. We as a society are not going to get rid of Cannabis anytime soon, so why are we supporting something that is costing us huge dollars? Would it not be wiser to legalize and reap the economic benefits of something that is not an actual drug (medicinally it is classified as herbal) and is never going to go away anyway?

Finally, there is something really sad going on here, and I personally think this is the most important reason to legalize. We are currently robbing ourselves of a very effective

Continued on page 27

INSIDER PERSPECTIVE *cont'd*

and safe medicine. This is a big one for me, as I spent many years of my career as a medical professional. Mr. Rick Simpson discovered (he says rediscovered actually) its use as an effective treatment for many conditions (including cancer) when he made himself an edible oil from Cannabis in a last ditch effort to save his own life. And guess what? It worked for him, and many others since then despite its current illegal status. Mr. Simpson took his discovery to the scientific community within the cancer industry and his findings have so far been rejected, trashed, and outright demonized. Actual studies done on this by independent scientists do show that at the cellular level the ingestion of Cannabis has a mechanism that re-

stores and calms the cells, and has great promise for a myriad of disease processes and conditions. I think many people are unaware of the latest discovery and research done related to the endogenous cannabinoid system. Endocannabinoids are located in the brain, organs, connective tissue, glands and immune cells. In each tissue the cannabinoid system performs homeostasis- that is, the maintenance of a stable internal environment. There are currently many physicians speaking out about this discovery and many are suggesting that due to these findings we can prevent many diseases by the simple ingestion of raw cannabis. Bear in mind that until cannabis is heated, there are no psychoactive properties. What these physicians are saying

is, we should be putting it on our cereal in a raw state in order to maintain homeostasis and excellent health. So, it makes sense that by returning the body to a state of homeostasis, you have a pretty good shot at effectively treating diseases like cancer. In cases of the presence of an already established diseased state, bear in mind that THC and CBD must be released, so a medicinal like Rick Simpson's edible oil (or "Phoenix Tears" as he has named them) must be processed by heating in some manner. Similar to turning grapes into wine. There is no getting around this. The amount that needs to be taken however, is not significant enough to produce much of an actual "high" for those who are concerned about that. Most patients

report a feeling of calmness throughout the body, as opposed to an actual significant psychotropic effect.

Currently, here in Alberta, the government cash coffers are pretty empty, and Rachel Notley and her team are really going to have to come up with new ways to create sustainable funding for the social programs that are so desperately needed here in Alberta. We have a real crunch going on regarding funding needed to care for the elderly, the disabled, those with barriers, and those suffering from medical conditions. I propose that the new NDP government in Alberta take a very good look at the legalization of Cannabis in order to generate sustainable funds for these essential services.

FORGIVENESS

My Father wasn't always there for me
in times when I thought I needed him most.
Though ... He was

I was blinded by my own selfishness.

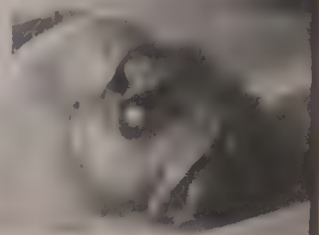
He forgave me
And now I must forgive myself
For FORGIVENESS FREES THE FORGIVER

Thanks for being my rock, my knight in shining armour,

Thanks for being my dad.

I love you.

Crissida



DEAR PENELOPE

The Facts of Life in Real Advice

Dear Penelope,

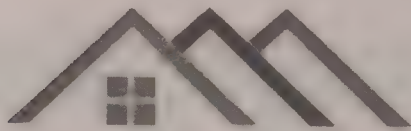
I'm so fired up, disappointed - I have gotten myself in a scared, bawling, anxiety frenzy!!! I'm sitting in my premium hot tub, beside my pool, at my big house that my husband just bought me - and I'm drinking the day away in it while I still can! How in the world did the Province of Alberta vote in a left-wing socialist New Democratic Party! As a majority no less. What the hell is everybody thinking! Those NDP people are supportive of social causes for the love of God. They are going to spend all our hard earned money on those loser welfare cases - I mean come on - we all know they're all drug addicts and lazy assholes that just don't want to work for a living! If I had my way they would all be drug tested and kicked off welfare! My husband is going to lose his job in the oil field, because everyone knows these socialistic types can't work with big business like the oil industry. OMG....I am so freaking out right now. I mean my husband is in big time debt because of all the toys he bought this year (Brand new truck, premium boat, and a new cute little luxury sports car for me), never mind the huge mortgage on the brand new house and the vacation I took in Spain for 3 weeks! And yes, we have been saving a bit for a rainy day...but this translates to a rainy year or more and we can't afford that! We're going to lose everything and I might have to go out and get an actual job! Please advise as I'm beyond freaking out right now!

Signed, Spoiled oil field wife

Dear Spoiled,

OMG! Yes, I understand completely. You have a completely valid point there when it comes to those crazy socialistic NDP people. It's hard to fathom, but for some reason they care about those welfare bums and those other poverty stricken losers we have out there sucking the system dry. And, obviously they have no idea about economics- case in point, they're planning on raising the royalty tax the oil companies pay to Alberta - and corporate taxes! They actually expect them to pay their fair share for our resources, as opposed to raising taxes for the average struggling lower middle class Albertan! Shameful behavior for sure! Well actually...are you aware that previously the PC government was paying out 6.4 billion in new corporate welfare, which does not include the amount of corporate welfare announced in previous budgets? This compared to 6.6 billion for all of Canada's people, for health care, poverty, and every other social program? For some reason, I get the feeling you were not aware of that. I dunno. Just a hunch. This is a difficult problem to solve as there is nothing you can do about the NDP being voted in by the majority of the people of Alberta. May I suggest that you get a bunch of your like-minded friends together for a massive hunting trip (You redneck types love those anyway) and just shoot the poor, disabled and elderly? So they stop costing so much? Umm...well actually that is not going to work because you would all end up in jail for that. Wait a minute! The solution just came to me! I suggest you start a career in prostitution as that is pretty much the same as what you're doing right now anyway. Yes, actually that is the best advice as this will provide a large income so you can keep everything you have now, just in case your histrionics actually come to pass and your husband loses his job. Ok...hold on, actually, I think you might be better off just giving it a wait and see, as I'm pretty sure the NDP understands the need for corporate and oil field economics better than you think. In the meantime, just keep on getting drunk, as this will calm your nerves and make you feel better about your alcoholism - because at least you're not an illegal drug addict, or poor - so you can keep on feeling superior. Which is very important to you I'm sure.





Homeward Bound &
Support Services



Alberta Street News

Homeward Bound Support Services along with Alberta Street News are NOW recruiting for Canvassing Representatives for our door-to-door campaign.

This is an excellent opportunity for students to seniors who are looking for flexible work hours, new employment or to supplement their current income. It is a wonderful way to connect with people in the communities, as well as helping Edmonton's Homeless population.

No experience necessary, we will provide training.

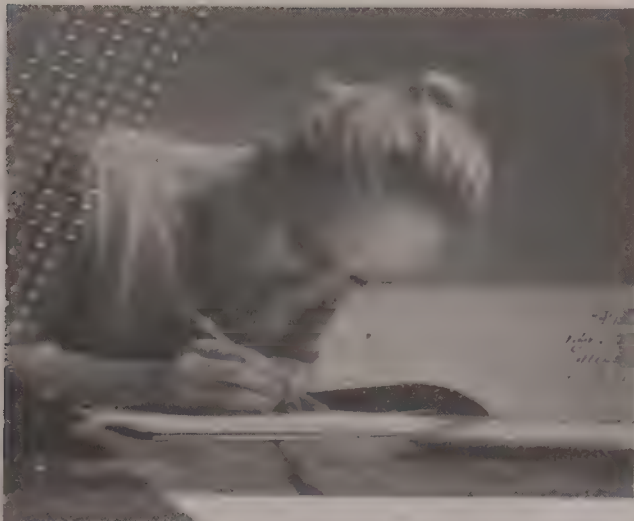
CASH PAID DAILY

If you are interested in being part of the team, please contact

Melissa

780.399.6788

melissa@albertastreetnews.org



**ANIMATION &
ILLUSTRATION**

CLASS STARTS FALL 2015

"I was able to turn my illustration into a great story."

MEGHAN H.



GOD PUTS YOU WHERE YOU NEED TO BE

By Sandra Crawford

There I was, sitting in the Misericordia cafeteria, just like I did a few years back. Mom had just been diagnosed with cancer, and her chances of survival weren't good. I wasn't sure what was going to happen to me once she was gone, but I never could have imagined then what did. Let me start at the beginning...

Daddy's Girl

I was born a girl, instead of the expected boy, so the pre-picked name of David just wasn't going to work. It was my daddy that named me Sandra. At the time, he was unaware that the name "Sandra", a short form of Alexandra, means "God's Helper", or "Helper of Mankind." I was an only child, and yeah, my parents drank and fought a lot, but I will spare you the "bad childhood" story as it is my good memories as a young girl that shaped me into the adult I am today.

I remember falling into a river, when I about three, and it was my Daddy's face I saw through the murky water - his hand reaching out to grab me and pull me safely to shore.

I remember him calling me to come sit and watch something on T.V.

There were clouds and a man counting numbers. I looked at my Dad and was about to ask what this was all about, when for the first time I saw him cry. He whispered, "They didn't make it." Then suddenly, the parachute opened, and my Dad sprung off the sofa, crying and yelling, "They made it! They made it!" It wasn't until decades later that I realized he had made sure I saw the homecoming of Apollo 13.

I remember coming home from Sunday school, crying and upset because I had learned the "Good Samaritan" parable. Concerned, my father sat down and asked why the story had upset me. I asked him, "How come the first two men just walked by the man who was bleeding and suffering?" Why didn't they help? Again, he was yelling and shaking me by the shoulders, "You get it Sandra! You get it! Do you know how many adults don't get the point of this story? But, you do! I'm so proud of you!"

I remember him calling me to the television to sit with him and listen to Glen Campbell sing, "Try a Little Kindness." Dad already knew the words and was snapping his fingers and singing along, looking straight into my eyes as he sang, in order to

make sure that I heard and understood every word.

Turn And Face The Strange

It was Christmas of 1982, the year I graduated from high school, when we took a family vacation to Hawaii. We were only there a few days when I awoke to my mother yelling, "John?" John! What's wrong with you?" She had found my dad laying on the bathroom floor in a coma. A major aneurysm in his mid-brain had ruptured. Sitting in the ICU waiting room that day, I felt the floor fall away from my feet. I knew that my life was about to take a turn and it wasn't good. After 6 weeks dad had finally come out the coma enough so the doctor's felt it was safe to fly him home. I returned home to Edmonton the day of my 19th birthday. Dad followed the next day attended by a nurse.

My dad's body had survived, but a new man had moved in, one that was immature, demanding, short-tempered and physically violent. He also had short-term memory loss. The Daddy I knew and loved was gone. For the next 5 years my mom and I tried to take care of him at home. I worked at different jobs as I watched my friends go to Uni-

versity, get married, and have kids. I didn't have that luxury. My dad was eventually signed into a nursing home. For years after that, I worked a variety of jobs, not really satisfied or settling into one or another. I did get an education at Grant MacEwan during that period. Quite often, my mother would fall strangely ill, and being an only child I would quit my classes, and sometimes even my job, so I could stay home to take care of her. It was during this period that my dad passed away from a second stroke. My mother's health continued to decline radically, and she finally agreed to go to the Misericordia Hospital. On Friday the 13th, the doctor pulled me out her room to tell me that it was cancer and her chances of survival were not good. Once again, I quit my job to be with her. She passed away on Father's Day of 2011. It hit me hard knowing that at the age of only 48, I was now all alone in this world.

After settling my mom's estate, having my inheritance felt hollow. Intense grief, loneliness, and despair were the only emotions I felt. I couldn't do it anymore. I made the decision to walk away from my townhouse, intending

Continued on page 39

GOD PUTS YOU WHERE YOU NEED TO BE *cont'd*

to walk away from life altogether. Replaying the memories of my life one more time, made me think that maybe God was not just pushing me out of my comfort zone, but away from my past life altogether and towards something different. I decided to give life just one more chance and checked myself into the Misericordia, where all my family, in turn, had passed away. I was sent to the Royal Alex, the hospital that I was born in, due to a flood at Misericordia. It was in unit 62 that I first met Paul, a fellow psychiatric patient. At the end of my 6 week stay, my doctor informed me that I was being discharged. A space in Dwayne's Home, (a relatively new facility that he couldn't tell me about) was becoming available. I was moved there on Christmas Eve.

My New Family

Well, I had just walked in the door at Dwayne's Home, when a little Angel ran up to me and said, "Hi! I'm Paulette. You're new here and I am not going to let you sit alone on Christmas Eve. Come on, I'll introduce you to everyone!" She reached out and grabbed my hand, and away I went, tugged around by Paulette through the dining room meeting everyone. I soon

noticed that most of the tenants here had a mixture of conditions, and realized that they were not very different from the patients I had just spent time with. The place was already rocking with Christmas celebrations going on, so I didn't have time to be scared or nervous about being in this new place. That night I went to bed with the biggest smile on my face that I had in years. I sure wasn't alone anymore! A couple of weeks after I arrived, I turned and saw a familiar face standing in the lobby. Paul was here! The look of relief on his face was noticeable when he saw someone that he already knew. We teamed up, and in the following months we both ended up volunteering in the kitchen, something we still do to this day.

As someone who over-looks and encourages the vendors of "Alberta Street News" here at Dwayne's Home, I am always nervous for them on their first day of selling. They leave here, perhaps shuffling, head and eyes down, unsure of what to expect. I wish I could show you what they are like when they come back! Their heads are high, shoulders back, and they have the biggest smiles I have ever seen! They stop in to tell me stories about

their day, and the wonderful people they met. Then they count their change and usually head for the vending machines here or to buy a pack of cigarettes....not the alcohol or drugs you many think they might buy with the money. I have seen them come back from shopping for items they need and/or want, like maybe a new shirt, or shoes they have had their eyes on, but could never have afforded before. Truly, overall, I don't see any abuse of the money they bring back. I am so proud of them! I see them with their self-respect and dignity back in tact, a strength in their stride, life back in their eyes, and I think, "They made it!"...and I realize that I am watching their parachutes opening...

...and then I think of Dad, his hand reaching out to me through the murky water, grabbing me and pulling me back to shore

...and I quietly thank all the Good Samaritans who do not just walk by, but through the buying of Alberta Street News

are helping, even in a small way, in the feeding, clothing, and healing of (hidden) wounds of their fellow human beings.

...and I still catch myself, once in a while, walking down the hallway at the end of my day singing Glen Campbell's "Try a Little Kindness", cause that's all it really takes now, doesn't it?

...and I know that, at least for now, God has put me where I need to be.

To Father's everywhere

Happy Father's Day

See Daddy? I remembered all you taught me.

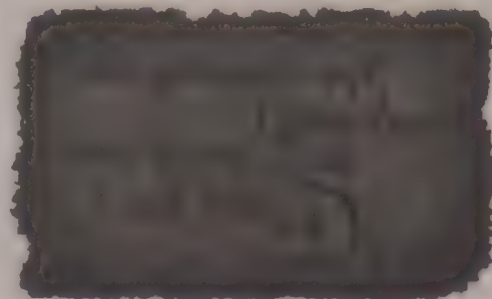
I hope I am making you proud of me.

Thank you for everything.

Signed, "Short Stuff"

P.S. Give Mom a hug and kiss for me.

*Your loving daughter,
Sandra*



SPRING CLEANING: A DUSTING OF MEMORIES



by Sharon Austin

It seems that every magazine I pick up lately has an article on spring cleaning, and offers a lot of advice on how to go about it. Some of the advice is very useful - like cleaning with a mixture of vinegar and water to make a non-toxic cleaning solution. Arming myself with a bucket of water and a pile of rags, I sparkle up the windows and chase the cobwebs from every corner. A soft spring breeze scented with apple blossoms billows the freshly washed kitchen curtains and the whole kitchen sparkles. That was the easy part....a winters worth of dust and dirt are easy to get rid of with a little hard work. Next comes the hard part; what to keep and what to throw away. The pot with no handle makes its way to the chicken house for chicken feed, and the melted spatulas go in the garbage.

Turning to my magazines, I look for a little more advice before heading for the closet. One article states:

"Get rid of any clothes that you haven't worn for six months." I laugh to myself, obviously the author has never experienced one of our cold Canadian winters. After the winter we just had Down East - I can tell you truthfully that I was wearing my down parka and winter boots from October until early May. If I followed that advice I would be throwing out all my summer clothes. Instead, I made my three piles; one to keep, one to give away, and one to throw away. I had a hard time deciding what should go where. Yes, I really do need those worn t-shirts, if I decide to paint the fence, and those worn jeans would be perfect for digging in the garden. One bit of advice that I never have seen in an article is - give away any articles of clothing with bad memories attached to them. If looking at a certain sweater that you wore for a root canal brings back memories of that pain, then get rid of it. I had to get rid of all the outfits that I wore during my substitute teaching days for just that reason. I remember one particularly terrible day where it seemed that every child in the class had only one purpose; to make my life as miserable as possible. One rowdy 12 year old kept the class in an uproar by crawling across the floor on all fours and barking like a dog. I remember sitting in the staff

room too upset to eat my lunch, when an older substitute teacher spoke from where he was lying on the couch. "Have you started swearing at them in your mind yet," he queried.

"Of course not," I said horrified. "They are just children, who have had no proper upbringing."

"Oh no," he said tiredly, "They are monsters. You are the carrot and they are 30 rabbits nibbling and nibbling at you until there is nothing left but a hollow shell." It seemed that substitute teaching had driven that poor man to the brink of madness.

"My life is worth more than this," I said to myself, and I went home and took my name off the substitute teacher list. Then, I gave away the outfits that reminded me of all the abuse I had suffered. Someone else could wear that navy blue blazer without shuddering, and I had never liked wearing those dress pants anyway.

Next I went down to the basement, where my husband keeps his huge hoard of stuff inherited from his parents who passed away in their nineties. He has no idea what he even has in all those boxes and containers and shelves upon shelves of old books, so he can never find anything anyway. Every time he needs a tape measure,

instead of looking through six or seven different tool boxes, he just goes to the dollar store and buys another. It is said that "One man's junk is another man's treasure," and that certainly proved true for him. Somewhere, in that vast pile, he unearthed an old VHS tape player and he was overjoyed. Now he can play all those old VHS tapes that he never got rid of, and sits by the hour watching John Wayne riding the range, and Rambo, the one-man army. While others are dumping their VHS tapes off at Community Living or the Restore, he is there happily buying them for 25 cents each. He says that they sure don't make movies like they used to, and I have to agree. Some modern movies have so much computer generated action that there is really no story line.

I don't try to spring clean or bring order to his stuff; it makes him happy, that's a good enough reason to keep something. Besides, I have my own small hoard of things that I would never get rid of. Going to my old trunk, I dust off the lid before opening it and I am transported back to another time; a kinder, gentler era long before television and computers stifled imagination and creativity. There

Continued on page 39



SPRING CLEANING: A DUSTING OF MEMORIES *cont'd*

are piles of little books with colourful covers tied together with white string, fanciful childish stories of cowboys, wild horses, and young girls lost in the forest. When school was out in June, my sister, Linda, and I would salvage every clear page we could find in our school notebooks to write our stories or draw pictures. The Hilroy

covers in pink, blue, or green, would be cut and used for the covers of our books that were often illustrated. Opening a book called "The Saga of Diane Post", I am again that 10 year old girl writing at the kitchen table as raindrops slide softly down the window pane. It is a wonderful adventure of a young rancher's daughter who

is captured by rustlers, and it's as if someone else has written it, because I can't remember the end.

Suddenly, the phone rings and at the speed of light I morph back into my senior-citizen self. It's my son way out in Vancouver. "What have you been up to?" he says cheerfully. "Spring cleaning" I say,

"Just spring cleaning." I don't tell him that for the last hour I have been lost in time reading old stories.

Now back to spring cleaning advice. My advice is keep it if it makes you happy. Isn't that really what matters anyway!



CYSTIC FIBROSIS: A GENETIC DISEASE



By Sid. H.

Several months ago, I was watching a parody on a YouTube video channel. In the comments, one person asked whether one of the actors had died due to his lungs failing. While I had noticed this actor was very skinny, I figured he may have had a pneumothorax (collapsed lung) which is common in tall young males. I thought nothing of it, until I googled this actor and learned that he had Cystic Fibrosis. This actor, Travis Flores, was at the time, on a waiting list for a double lung transplant. He had a choice of either the transplant, or to continue to become increasingly ill as his lungs degraded. Let's take a look at this debilitating disease.

Cystic Fibrosis is the most common fatal genetic disease affecting Canadians. There is no cure, and life expectancy can be short.

It effects mostly the lungs and digestive system, making it difficult to digest fats and proteins, which is more than likely why Travis remained so skinny. Most people with Cystic Fibrosis die before they turn 30, as their lungs degrade far too much and become fibrotic, or they become cachexic (very thin and undernourished) from inability to digest foods.

1 in 25 people are presumed to have a carrier gene for Cystic Fibrosis. Carriers do not have the illness and can only pass it on to the child if both parents are carriers. If both parents are carriers, there is a 25% chance they will produce a child with CF. Often it is diagnosed early as an infant may exhibit signs of difficulty breathing effectively due to a high amount of mucous production and inability to clear the lungs. As well, they may not be able to put on weight and have problems with bowels or oily grey stools. A common way to diagnose CF is to administer a "sweat test". The patient

is wrapped in blankets and plastic until he/she sweats a certain amount. If the sweat produces copious amounts of salt the test is rendered positive. Should the test be positive, enzymes in the duodenum are tested as people with CF fail to produce these enzymes in the pancreas. One of the first ways of testing, which is no longer used, was to lick the skin of the patient for saltiness.

There are numerous treatments for this disease. One method, if diagnosed early, is to have the child sleep in a mist tent. This mist helps clear the mucous clogged airways so that the child may breathe easier. Another common treatment is to percuss the child to remove mucous from the lungs. While

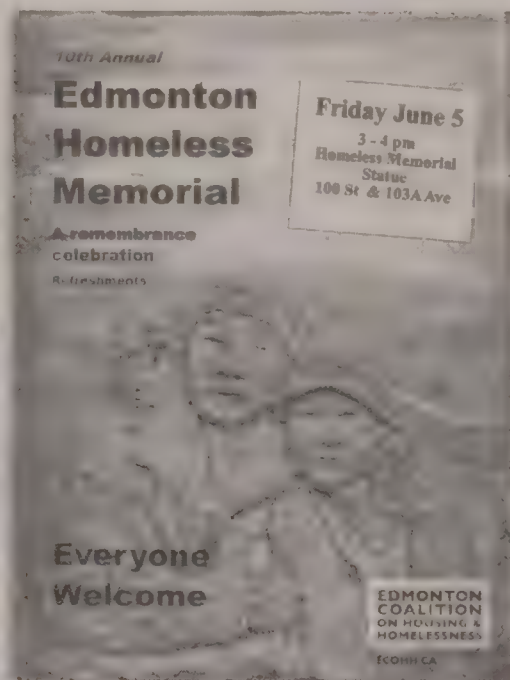
these treatments take a considerable amount of time, they are effective. Antibiotics are commonly administered to reduce infection and for aiding in weight gain, nasogastric tube feeding is often done and if all else fails intravenous treatment. In addition, CF patients take an oral pancreatic enzyme along with meals and feedings to aid in digestion and reduce mucus buildup in the bowel.

Fortunately, a month ago, Travis Flores received a successful double lung transplant. He is now actively working to educate people on Cystic Fibrosis, as well as doing philanthropic work to raise money to help less fortunate individuals with CF to receive the best care possible.



Cystic Fibrosis
Fibrose kystique
Canada





GLEN

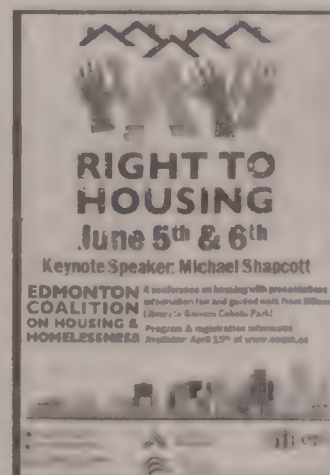
By Angelique Branston

Too shy to talk without a beer in you
 You helped teach my little sister to play
 You showed my mother each day just how
 beautiful she was
 Only the drink took you away
 You shared with my broken family all that you had
 Your love of books, nature and science fiction filled
 your days
 But your demons, how they haunted you and terrorized
 your nights
 A part of you never escaped the cages of your youth
 Where depraved people held you hostage and starved
 and beat you as a boy
 Your theme for our family was you accepted us
 as we were
 And, we tried to do the same for you
 A drowning man, helping a broken family
 Glen how you are missed
 (In loving memory on Father's Day, for my Step-Dad)

ARE YOU SURE?

By Angelique Branston

You...who are my brother
 How you have changed through the years
 From a scared little boy, hiding in your room
 To a hate filled man, rage seething from every pore
 I never really understood how you became what you
 hate
 But now as I watch you it all comes into place
 Father use to beat you and laugh at your tears
 And I watched as that spark of hurt turned into hate
 You never knew dad's fetishes, you never knew his
 tastes
 And now as I watch you put on
 The wigs, the face, the lace
 Not as some men do, to fill a void, to express
 themselves
 But to show how low a woman is, her only roll as
 sex symbol
 To show how much better you are than woman
 I wonder if it's too late
 Or, is there still time to change your fate?
 For we both know the man our father was
 Are you sure you wish his face?



RECIPES

PENNE RIGATE WITH CHICKEN, WATERCRESS AND WALNUTS

Ingredients:

- 2 bone-in skinless chicken breasts
- 1/3 cup (75 mL) Walnut Pieces
- 1/2 cup (125 mL) Extra Virgin Olive Oil
- 1 tbsp (15 mL) Red Wine Vinegar
- 1/4 tsp (4 mL) salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 5-1/3 cups (825 mL) Penne Rigate
- 1 bunch watercress, washed and spun dry, thick stems removed

Directions:

De-bone chicken. Set aside.

In large nonstick frying pan, toast walnuts over medium heat for 4 minutes, stirring, or until golden and fragrant. Transfer nuts to plate. Wipe out pan with paper towel.

In same frying pan, heat 2 tbsp (25 mL) of the olive oil over medium heat. Sprinkle chicken breasts with half of the salt and pepper.

Cook chicken for 5 to 6 minutes per side or until cooked through.

Remove chicken from pan, reserving pan juices. Let rest for 5 minutes before cutting into 1/2 inch (1 cm) chunks.

Scrape pan juices into large bowl; whisk in vinegar and remaining oil, salt and pepper. Add chicken; toss to coat.

In large saucepan of boiling salted water, cook penne for 11 minutes or until tender but firm. Drain.

Add to chicken mixture along with watercress and walnuts; toss to combine. Serve warm, sprinkled with 100% Grated Parmesan Cheese, if desired.

GLUTEN FREE SIMPLE SANDWICH

Ingredients:

- 7 Slices Gluten Free Bread

1/2 cup (125 mL) Mayonnaise

Dijon Mustard

1/2 cup (125 mL) Grated Cheese

Lettuce

1/2 cup (125 mL) Grated Cheese

Sprouts (optional)

1/2 cup (125 mL) Grated Cheese

Directions:

Spread mayonnaise and mustard on bread.

Place 1 slice of bread on a flat surface. Spread 1/2 cup (125 mL) of the mayonnaise and mustard mixture on the bread.

Place 1 slice of bread on top of the first slice.

Enjoy !!



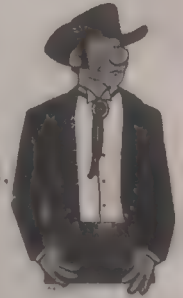
How did the tuxedo get its name?

The village where it was first worn, Tuxedo Park, N.Y.

The tuxedo was designed and first worn in Tuxedo Park, New York in 1886.

Where was the bolo tie invented?

Arizona. The bolo tie was invented in Arizona in the late 1940s.



Cowboys often wore what type of neckwear?

Bandanna.

Cowboys often wore bandannas.



International Network of Street Papers

Alberta Street News is a member of the International Network of Street Newspapers.

HONORING FATHERS

Y	D	D	A	D	P	C	A	R	D	A	E
D	S	T	A	O	B	T	S	N	E	U	H
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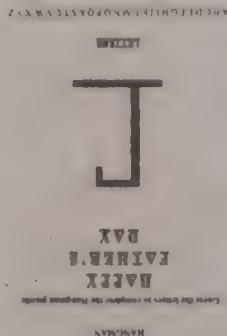
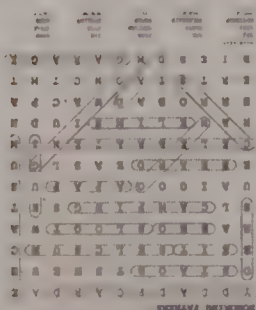
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HURTS
MUSCLES
MOWING

CARD
SMILE
HERC
DADDY



HANGMAN

Guess the letters to complete the Hangman puzzle.



LETTERS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

MISSION

Alberta Street News provides a voice, employment and social support to those in need, and is committed to producing a publication that communicates diverse perspectives regarding poverty and social injustice. ASN seeks to create positive social change that is inclusive through education and public awareness.

Values/Beliefs/Guiding Principles

We believe that human rights are fundamental to a successful, encouraging society. We believe that everyone deserves an opportunity to earn and contribute to their financial well-being. We believe in journalistic and organizational professionalism and integrity. We believe that society benefits from a deeper understanding of the issues surrounding poverty and social injustice. We value community and connecting with others. We value passion and determination. We believe everyone deserves the opportunity to learn, develop and use communication skills. We believe that every member of society is worthy of being heard.

FATHERS IN CANADA

8.8 million — That's the total number of fathers in Canada (including biological, adoptive and step fathers), according to Stats Canada.

DAD STAYS AT HOME

Canada's national symbol, the beaver, is one of the few male creatures in the animal kingdom that sticks around after mating to help raise the kids. In rare cases, biologists have even spotted male beavers taking on the role of a single dad.

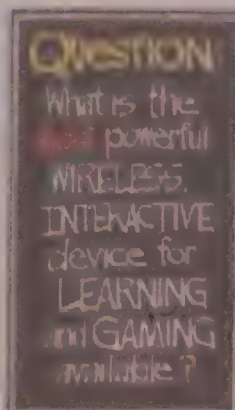
Dad Stays at Home More Than Ever

The number of Canadian stay-at-home dads has tripled in the last 25 years. Today, 12 per cent of the country's two-parent families see Dad changing the diapers and Mom at work.

Read more at

<http://www.albertastreetnews.com/2012/05/12/fathers-in-canada/>
<http://www.albertastreetnews.com/2012/05/12/dad-stays-at-home/>
<http://www.albertastreetnews.com/2012/05/12/beaver-dad/>

Happy
Father's
Day



MOTHERHOOD BY MARIA B.



By Maria B.

On this Mother's day celebration, I will be enjoying the presence of my children that live here, but will be missing the one that does not live close. At the same time, I am feeling grateful for the incredible gifts that my children are IN MY LIFE and IN OUR LIFE.

Between a mother and her children, there is not only unconditional love, but also an unwritten commitment a mother makes to her children; which is to be there for them "forever."

Especially on mother's day I feel the void in my heart for my mother that became the shadow in my growing years.

The fact is, more and more mothers are leaving their children, and those children are growing up with an incredible void in their hearts. Not just that, but after a mother walks out of your life it is very hard to trust. I had such low self-esteem as a child - I just wished I would disappear. A person that experiences this often becomes their worst critic, it is hard to make friendships and you feel like you do not belong in this world. At 8 years old I wanted to die. My mother left when I was 6. I felt so insecure, exposed. I learned to cope

with this by living in a defensive and fearful mode.

When I was 16 years old, my older sister and I were kicked out of my father's home. This was because we had a disagreement with my stepmother. My older sister took me to my mother, and to our surprise, she had another little girl about 5 years old! She was such a beautiful little child and instantly I felt so resentful towards her because she had a mother. A mother that was supposed to be my mother too. She tried to get close to me, but my heart was closed and everything she did bothered me. My sister and I use to walk her to school and one day, I told my older sister that the little girl was giving me angry looks, so my sister pushed her lightly from behind and told her to stop doing that to me. She turned around and looked at me with a "baby" tear in her eye and cried all the way to school. I felt so resentful toward this little girl that her tears did not move me. As I said, I felt at that time as if my heart was completely closed. Eventually, my mother and I had a fight, I do not even remember what it was all about. I did tell her I hated her, and she hit me a couple of times and wished me the worst in my life. When I left her place, I never saw her again and it did not bother me. Then came the time I received a call from my sister to tell me that my mother and my 13 year old sister had died. I did cry for my mother and I felt bad for that

little girl. Their deaths were very tragic as they were getting ready for the girl to have her communion. The water tank was faulty and they died of carbon monoxide poisoning.

After they died, I found out that while my mother worked, that innocent child had to stay in the apartment all by herself. She also had only the shadow of my mother, but I had 3 sisters and a brother. I had been more fortunate than her.

My distorted resentment had been based on the incongruous belief that she had something I did not have - my mother, but in reality she didn't have that at all. The saddest fact for me was when I realized that she had no one.

Therefore, on Mother's day, I not only feel the void of not having a mother, but the void I feel as I wish I would have opened my heart to that little girl. She did not do anything to me, she just existed and unfortunately, I could not give her what I did not know how to give at that time - love and compassion.

One thing that I did give her, was all the resentment and the rejection that I had received in my life. When I think about her being alone, she must have welcomed the day we came into her life. But, soon enough she realized that she was being rejected.

Without justifying my actions at that time - I was so full of anger and feeling so rejected that

I couldn't even pretend that I was happy to know I had one more sister.

At that time I thought, "How is possible that a mother can walk out and leave her 5 children and then go and have one more?" But, in reality my mother failed us as she also failed that innocent child. Since then I have had this craving to help children in any way I can, especially little girls. I truly feel that God gives us many opportunities in life to redeem ourselves.

I feel that even helping "one" child gives me the opportunity to somehow give this child what I could not give her then.

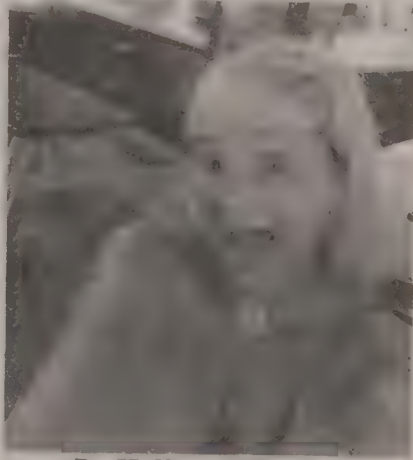
Because of her innocent heart, I know she has forgiven me, but how can I forgive myself without justifying my resentment towards her?

I honor the mothers that have the courage and the commitment to stay with their children and teach them how to love, how to forgive, and how to care for themselves and others.

**I HONOR MYSELF
FOR DECIDING TO
BE THE MOTHER
THAT I WANTED TO
HAVE**

**dad dada daddy
PROVIDER**
**strong LOVING
hero hero hero
COMFORTING ARM**
**have patient INSPIRE
understanding
HARD WORKING
through pain DEVOTED**

MELISSA'S MINUTE



By Melissa O'Keefe

Hello and Welcome to Melissa's Minute

Homeward Bound Support Services - along with Alberta Street News, has started a fundraising campaign. Since the end of April we have been going door-to-door, community to community, to create awareness for the formerly homeless and hard-to-house who are currently housed by Martyshuk Housing. We need your help to ensure they remain successfully housed with the aid of increased supportive services provided by HBSS. With your support we can create a better future for those in need.

We are having great success and would like to reach our \$10,000 fundraising goal by the end of July. You can support our campaign by purchasing Beef Jerky, European chocolate or both by visiting www.albertastreetnews.org.

And that's Melissa's Minute for June.

Happy Father's Day.

Until next month... have yourself a supercatfragilisticexpialidocious month.



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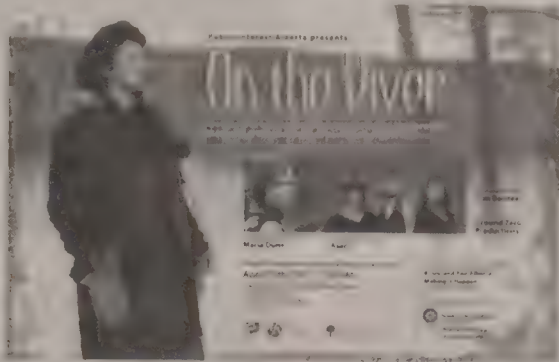
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"ON THE RIVER" HONOURS ALBERTA INDIGENOUS LEADER

By Jim Gurnett

Beautiful, sometimes playful, music by Edmonton performers Asani and Maria Dunn, combines with video interviews and historic records in an original production that premiered in Edmonton in April.



"On the River"-- the river is the Athabasca in north-east Alberta, flowing through the community of Fort McKay-- celebrates the life and courage of Dorothy McDonald-Hyde. Early in the program we hear her words about the sacredness of land, air, and water in the lives of Indigenous people and of how she learned as a girl from her father that community is lived in practical ways, not just words. "When my dad got a moose it was shared with everyone," she recalls.

As development of the tar sands by major corporations was tearing up forest for open pit mining and filling huge artificial lakes with waste from the extraction process along the banks of the river, McDonald-Hyde was elected-- the

first female First Nations chief in Alberta-- in 1980.

Her leadership was crucial in getting the large energy companies to quit ignoring the people who lived in the areas being developed. She did not hesitate to take dramatic

action to draw attention to environmental dangers and the assault on the traditional lives of hunters and trappers. Her strong and skillful work led to getting better services for her community and to the creation of the Fort McKay Group of Companies, which has been a major player in community economic development.

A production that is full of beautiful music is fitting tribute to McDonald-Hyde. In the program, one person interviewed recalls the community dances that would go on for a week. "Dance is in our blood," she says.

Both songs and images in the show return over and over to water. A repeated image of a stone dropped in a lake has ripples

spreading out as traditional Cree drumming spreads sound vibrations through the room. And one song says, "Like a tree planted by the water, we shall not be moved," linking the determination of people like McDonald-Hyde to protect their community and way of life with the natural world that has provided all the needs of their lives.

The songs move between English and Cree lyrics, and blend the four powerful voices of Asani members Debbie Houle, Sarah Pocklington, and Sherryl Sewepagaham and Maria Dunn. Asani have been honoured for Best Female Traditional Cultural Roots album of 2005. Dunn is a past Juno-nominee.

There are anthems like "Nipiy" that proclaim, "The Creator has given us water, let's take care of it." There are mischievous songs like "Ten Little Lawyers" that defiantly proclaim the determination of the community, as expressed by McDonald-Hyde's explanation, "We were longing for justice for our land, we were tough as nails, a thorn in the side of the energy companies." One gentle ballad floats in the air like the sensation of floating in a canoe along the river. Then a rousing song spits out anger at the tar sands creating a dumping ground of the same river that provides life in so many ways.

And in much of the music there is a background that feels mournful, as the reality of threats to human life and the environment continue to be very real today as tar sands development carries on.

The music is woven together with the video, created by Don Bouzek of Ground Zero Productions. Bouzek and Dunn have worked together on previous music-video productions, including one about Edmonton's GWG clothing factory, "Piece by Piece."

There is no current plan for a next presentation of "On the River" but if you ever hear it will be presented, don't miss the chance to spend an emotional, challenging evening, wonderfully entertained, educated about the history of Alberta and the courageous life of a little-known leader, and invited to take more seriously the duty of each of us to encourage our brothers, honour our sisters, and protect our children.



7 CITIES CONFERENCE

By Linda Dumont

The first annual 7 Cities Conference on Housing and Homelessness was held on May 7 and 8 at the Coast Edmonton Plaza Hotel, and brought together more than 300 Housing First practitioners and leaders to focus on the goal of ending homelessness. The 7 Cities on Housing and Homelessness - consist of: The Calgary Homeless Foundation, the City of Grande Prairie, City of Lethbridge, Homeward Trust Edmonton, Medicine Hat Community Housing Society, City of Red Deer and the Regional Municipality of Wood Buffalo.

"The conference is a great way to refresh and refocus our efforts to end homelessness," said Susan McGee, Chair of 7 Cities and CEO of Homeward Trust Edmonton. "The 2014 Homeless count reflects that our efforts are needed more than ever, but we also need to celebrate the achievements that we have made six years into the provincial ten year plan to end homelessness."

Last fall, the first provincial homeless count reported 6663 homeless people province wide, but McGee said that we have an overall reduction of 16% province wide since 2008. To date, Medicine Hat is the only one of the 7 Cities to eliminate homelessness.

The homeless count of 2014 in Edmonton did not show a decrease in the number of homeless people on the night of the count, but McGee said the Alberta economy

was responsible in that new people are coming into Alberta. "About 16% were new to Edmonton," she said, "Also, generally, there is not enough affordable housing" - it's in the thousands - the number of supportive housing units that are needed.

She said Homeward Trust costs \$34,000,000 a year, with most of the money going towards the teams in the community at the Boyle Street Community Services, Bissell Centre, Jasper Place Health and Wellness Centre, Herb Jamieson/Hope Mission, YMCA and other agencies that have support workers. The balance of the money is spent on rental supplements.

When asked what goals Homeward Trust has achieved, McGee said, "Housing First absolutely works. About 68% of the people we have housed were chronically homeless. Overall 80% have been able to maintain their housing. It's about housing them and getting them out of homelessness. To do this they need supports. That is one of our most difficult challenges - maintaining the level of supports people need to stay housed. It's about housing them and getting them out of homelessness."

Edmonton City Councillor Michael Walters said, "The economic growth of Alberta has worked against us. Alberta has a 3% unemployment rate, yet 12% of its citizens earn low incomes. We have the highest rate of working poverty in

Canada. The Mayor's task force has set a goal to eliminate poverty in one generation. We are building a plan that will be driven by those who have experienced poverty first hand."

Highlights of the conference included: a variety of breakout sessions with several indigenous sessions, the Alberta Youth Plan, landlord relations and engagement, homeless youth, and harm reduction.

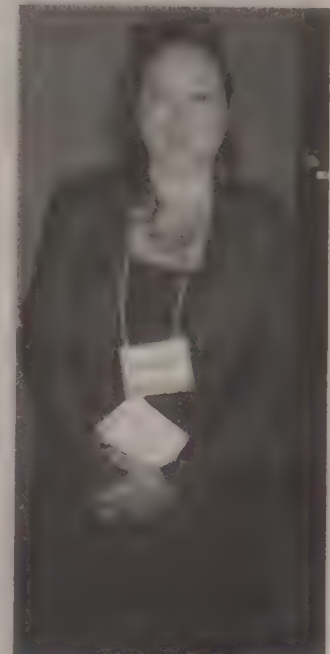
Keynote speakers Patti Laboucane-Benson and Kelly Mellings discussed their graphic novel, the Outside Circle, drawn on 20 years of research based on healing and reconciliation of Aboriginal men. Gabor Mate shared his experience on a range of topics from addictions to mind-body wellness.

Keynote speaker Kenori deGeoy spoke on Fierce Conversations, and how they can change a company, a relationship, or a life. According to deGeoy, a fierce conversation is real and honest, with no hidden agendas. She said people are often afraid to have real conversations.

Alberta's 7 Cities on Housing and Homelessness are the lead organizations responsible for the implementation of local Plans to End Homelessness, working together since 2001. The 7 Cities coordinated local plans at a systems level, and align funding resources for greater impact and progress towards ending homelessness. The 7 Cities provides a forum for dialogue with the federal and provincial

representatives on housing and homelessness. The 7 Cities have long-standing histories of delivering strategic planning and service delivery in communities, along with administering and aligning funds with accountabilities to several provincial or federal funders, including Alberta Human Services and the federal Homelessness Partnering Strategy.

To successfully implement Housing First using a system planning approach, the 7 Cities serve as local system planners and integration leads, funders and performance-managers, as well as knowledge leaders and innovators.



Susan McGee



TEXTS FROM LEXY

MIRROR

Lexy - Hey Dave, why are you keeping another dog in the bedroom?

Dave - We have discussed this before Lexy. That's YOU looking at yourself in the MIRROR. The dog is YOU!

Lexy - Oh Ok.

Lexy - Dave, why are you keeping another dog in the bedroom?

Dave - STOP going in the bedroom. That's a MIRROR! The other dog is YOU, Lexy!!

Lexy - Oh Ok.

Lexy - Dave, why are you keeping another dog in the bedroom?

Dave - %#& @* !!

POO

Lexy - SOMEBODY BROKE INTO THE HOUSE!

Dave - %&@* !! I AM COMING!

Lexy - That's ok. They didn't take anything. They just did a poo on the bed that happens to look a little bit like me.

Dave - %&@* !!

FATHER

Lexy - I have been meaning to ask you Dave... What was my mom like?

Dave - She seemed alright. I only met her once.

Lexy - So, it was like, a one night stand?

Dave - WHAT?

Lexy - So, you just "hit it and quit it?"

Dave - Lexy, I AM NOT YOUR BIOLOGICAL FATHER!

THANKS DAVE FOR NOT EATING MY PUPPY!



STUFFED TOYS

Lexy - I'm really nervous Dave, my stuffed toys are hanging up on me. HELP!

Dave - No Lexy, they're not.

Lexy - Sorry, are you here right now? NO, so don't reassure me. I know I'm being attacked.

Dave - Yeah alright. Just calm down. Why do you think they are attacking you?

Lexy - It's because I jumped on all three really hard.

Dave - Then you deserve it.

THE FATHER



By Sharon Speers

On my first journey, I was so in awe of the holy men and women leading forth ever from the trees arched together as if they were in prayer each other. It was a melody in greens dotted with bright spring flowers. Why, only a week ago everything was covered with

a disappointing coat of snow. But, one small touch of the Father's hand has brought everything to life

So it is with some of us that have been waiting for our lives for the sweet touch of the Father's hand to help us find our identity in Christ. Many have been blessed with wonderful earthly Fathers that have enriched our lives and we pay homage to every one of them for forming, guiding, and shaping us. Thanks Dad! We owe a debt we will never be able to pay.

However, so many of us have never experienced

that tender supervision through life and they have a deep longing for acceptance and for a father's love. You heavenly Father, the Creator longs to reach out and give you the touch of his gentle hand on your heart. In my journey, I was greatly encouraged by Psalms 27:10 Though my mother and father forsake me the Lord will take me up. All is not hopeless for those who have not enjoyed the experience of an earthly father or mother. Christ longs to adopt you into the family of the heavenly Father who loves and adores you. In Jeremiah 29:11 The Father says, "For I

know the plans I have for you" says the Lord, "plans to prosper you and not to harm you to give you hope and a future."

Pretty cool hey? My prayer today is Lord bless every father with wisdom and knowledge to parent; and to heal every broken heart that has not had the experience of a good earthly father. Please introduce yourself to them Father. And Father them

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How many Bee's
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Page 3 - 1	Page 4 - 1
Page 5 - 1	Page 10 - 3
Page 11 - 4	Page 12 - 1
Page 13 - 3	Page 15 - 6
Page 16 - 1	Page 19 - 1
Page 20 - 1	
Page 21 - 24	
Page 25 - 26	
Page 29 - 20	
Page 32 - 1	Page 33 - 3
Page 36 - 15	Page 37 - 3
Page 41 - 2	Page 43 - 1
Page 44 - 2	Page 45 - 4
Page 46 - 3	

DEMOCRACY IN ALBERTA?



By Timothy Wild

As premier, Jim Prentice did a number of things that called into question his commitment to democracy in Alberta. First, was the appointment of two non-elected people, Gordon Dirks and Stephen Mandel, to his cabinet in the fall of 2014. This decision forced a couple of by-elections where voters were faced with a Hobson's choice of either supporting the Premier in his cabinet making schemes, or potentially paying the price for independence and non-compliance. The voters, in those instances, supported Mr. Prentice.

Second, there was the Wildrose defectors debacle - stage managed in part by Preston Manning, when the majority of the official opposition caucus crossed the floor of the legislature to the tender embrace of the PCs. The naked political ambition of Danielle Smith was obvious to all, despite her protestations that they had "won" with the coronation of Prentice as Tory leader. But, the fact that Mr. Prentice thought that there would be no implications from this reflected on

his democratic compass.

Third, he called what many thought to be an unnecessary election; considering he already had a commanding majority in the legislature. Indeed, he sought an election when his own party had specifically enacted legislation that supported fixed dates for going to the polls. Apparently, he felt that his 70 seat government needed a heavier mandate from Albertans. I suppose he went for the political jugular. Yet this act of political egotism was cynical at best and destructive at worst.

But I think for me, the worst example of Prentice's dismissive relationship with democracy, was his resignation in the evening of May 5. I am not talking about his resignation as leader of the Progressive Conservative party. Leaders often fall on their swords after a political defeat. In many ways, that was expected. It was clearly his fault and he should pay the price. No, what I am speaking about is his resignation as the MLA for Calgary Foothills before the result was even official. To me, this shows complete and utter contempt not only for voters in Calgary Foothills and the voters of Alberta, but also for democracy in general. It is also reflective of the political immaturity of conservatism in our province.

As I mentioned, I can see

why Prentice resigned as leader of the party. But, he didn't have to resign his seat. The people of Calgary Foothills are worth more than that. Additionally, in more mature democracies, the leader of a losing party would have had the political guts to stay in opposition and stick to their guns. "Yeah, you might have beaten us this time but there's another election coming soon". However, the Tories always had a sense of immediate entitlement. They don't seem to understand the rules of normalcy. They don't seem to respect the to and fro of politics in a democracy. This sense of entitlement then led to arrogance. And, when things didn't go his way, Prentice left in a petulant huff, seemingly without any sense of obligation to either his supporters or the residents of his constituency.

As mentioned, Jim Prentice did a number of things that called into question his commitment to democracy in Alberta. But I also think that Mr. Prentice was simply a more blatant representation of the undemocratic political culture of Alberta.

To counter this longstanding deficit, I think one of the first things that the NDP needs to do is to create conditions supportive of more participatory democracy in Alberta. One of the core things that can help implement this is

the introduction of some type of proportional representation, whereby the distribution of seats in the provincial legislature more broadly reflects the wishes of voters. I am not suggesting that we have a system of pure proportional representation where a party receives the exact number of seats as their percentage of the vote. What I do think is this - we continue to have some constituencies based on the electoral model of first past the post, but we also allocate a certain number of seats on the basis of the overall proportion of vote. This would allow for both constituency representation and a method to ensure recognition of the value of each vote. Scotland and some Australian states are examples of this mixed approach. Such a model leads to a greater representation of a variety of parties in the legislatures, and more importantly, provides a forum for a greater discussion and consideration of a wider range of ideas in the policy development process.

Overall, if we do adopt a model of proportional representation, I know it would allow for more voices to be heard in the legislature. These voices would more accurately reflect the rainbow of experiences in our province, and

Continued on page 45



DEMOCRACY IN ALBERTA? *cont'd*

would encourage more inclusive and nuanced political debate. I think - for example; it is long overdue for the Greens to have representation. A progressive Green politics is necessary for our collective and environmental future. Additionally, I think the voices of the broader, non-social democratic Left need to be heard. Ultimately, that is what authentic, social,

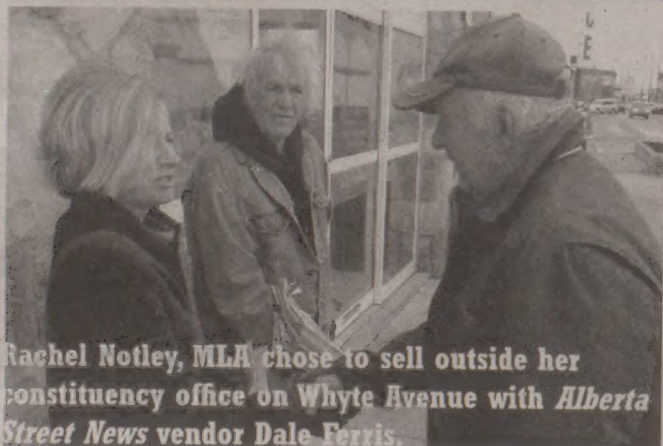
political, and economic democracy is all about - participation and inclusion.

Alberta is heading into an exciting time. But we need to ensure that this is not just a one term electoral blip. Proportional representation would solidify and entrench the gains made by choosing hope over fear, and would amplify the voices of more

Albertans. So in the period between elections, let's advocate for greater democracy! An element of this would be furthered by the adoption of some type of model of proportional representation. Obviously, that's not all that is needed to counter the democratic deficit in our province, but it is a great start.



LOCAL PERSONALITIES HELP ALBERTA STREET NEWS CELEBRATE 10 YEARS



Rachel Notley, MLA chose to sell outside her constituency office on Whyte Avenue with Alberta Street News vendor Dale Ferris.

By Eric Rice

In 2013 *Alberta Street News* brought you a story on "Local Celebrities Help Alberta Street News Celebrate 10 Years" whereupon Rachel Notley, (then an MLA, now the Premier-Designate for Alberta), selling the *Alberta Street News* paper. Here is that coverage.



On Thursday, November 14, 2013 a number of local media personalities and politicians helped ASN celebrate its 10th anniversary by taking to the streets of Edmonton to sell Alberta Street News, along with some established vendors from Edmonton and Calgary.

Alberta Street News wants to send out a heartfelt "Thank You!" to Mark Connolly and Portia Clark of CBC Radio, City of Edmonton Councillor Michael Walters, Rob Pearson, Constituency Manager for Edmonton-Highlands-Norwood and Edmonton-Strathcona MLA Rachel Notley. We value your support and the friendship you've shown for our vendors!

We'd also like to thank the vendors who

participated Andie, Rory, Dale, Angelique and Darin.

Update:

Alberta Street News would like to congratulate Ms. Notley on the NDP sweeping majority win and on her new position as Premier of Alberta! We believe in you and the NDP to make great progress here in Alberta!



37th ANNUAL ATRA TRAIL RIDE

By John Zapantis

The 37th Annual Alberta Trail Riders Association Trail Ride against Cancer raised over \$16,500 for the Canadian Cancer Society on Saturday, May 9, 2015. A posse of 63 riders on horseback rode out onto a number of rugged trails, (where cougars have been known to prowl) in the backwoods of Able Ranch, located about 8 miles north of Bon Accord, Alberta. The fundraiser kicked off officially on May 8th prior to the following day's ride, with an evening of campfire fun and a country western sing-along that was enjoyed by those who participated. The morning of May 9th kicked off the trail ride with a free pancake and bacon breakfast hosted by Welsh's saddlery and Western Wear. There was also a free draw for a chance to win a free bag of feed for their horses. The ride ended at 4pm with a silent and live auction, held in a giant tent welcoming the riders, who bided on various items - all provided courtesy of generous local sponsors.

Following the auction, an award ceremony was



hosted by Cancer Ride coordinator, Vicki Lawrence, who acted as MC while presenting awards to individual riders and riding teams. Several keynote speakers, representing the Canadian Cancer Society, were called to the stage to give their greetings and speeches. Canadian Cancer Society Revenue Development Coordinator Julie Barrie, focused on the subject of how the event would benefit people living with cancer. Volunteer board member Christine McCourt Reid, also spoke about her deceased spouse John, who lived for only 5 months after being diagnosed with esophageal cancer, and how this has given her additional insight on the impact of cancer on Alberta Communities.

She said, "As a volunteer coordinator working

with the Canadian Cancer Society for a number of years, I am so grateful for everything the volunteers do. They do great things. 10 years ago I started a journey. My husband was diagnosed with cancer halfway through my second pregnancy. He was 31 years old and was previously very healthy. Unfortunately, he lost his battle and died 5 months after he was diagnosed. He did reach one goal, and that was to watch his daughter be born. So, I do have 2 beautiful girls. This year they will be 10 and 12. I'm doing everything I can at the Canadian Cancer Society, because I am not a researcher. So, I am not the one who is going to find a cure for cancer. I think the amount of research has led to better programs and survival rates for breast cancer and lung cancer. We just have to keep working,

until one day we have a cure for the 200 types of cancer. There is a different issue we are working on every year. We now have tobacco legislation. We've pushed against tanning beds not being available for use for children under 18. There are all sorts of things that cause cancer and we're working towards identifying and eradicating these things. I want to thank the support services, driver programs, the "big wig" program and everything we are able to do, because of the support of people like you."

A supper soon followed and a donation of \$5 was requested for a steak dinner with all the trimmings. Proceeds from all events and auctions were donated to the cause.

This year's ride was once again a big success, thanks to the 63 riders, along with many generous volunteers and local sponsors who made it possible. \$16,500 will be donated to support the Canadian Cancer Society's many programs, services, and research in the fight to one day defeat cancer.

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8

ROB'S CORNER



By Robert Champion

What's On My Mind?

I probably won't go to Vancouver this year. I have nowhere to stay, except a motel, hotel or a hostel. I might instead, head to Kelowna or Penticton this summer for a couple of days by Greyhound. I haven't stayed there since 1974. Who knows? I may be there in the next year or two, as I would like to retire there. I will be 65 next January 24th. I have lived in Calgary for about 36 years. It's nice here, I have good friends, but I am getting tired of it.

This past provincial election. I never would have thought that the NDP would form a government, let alone a majority. I thought that perhaps another conservative would someday form a government here in Alberta.

The Election

Albertans voted on May 5th, 2015. I could tell about a week before the election that change was coming about, and boy did it ever, fast and furious. I thought that maybe we'd get a PC minority. Who could have imagined we'd end up with an NDP majority? Not even in my wildest dreams. Even in Calgary, of all places, the NDP made some headway in a former PC stronghold. I didn't vote, because I knew according to the latest polls a change was coming. Long overdue! (Good thing that others did Rob or change would not have happened. Editor's Note)

Some Of The Things I Like To Do!

Meet up with friends in one of my 3 favorite pubs, have some pints, chat and have some laughs.

Going for long bike rides, especially beside the Bow River.

Meeting up with my friend at Starbucks in Inglewood.

Talking on the telephone, old school.

Meeting up once a week on Wednesdays for my writing group - upstairs in the building where I live in the WINS Room - Family Resource.

Rob's Say of the Day

Be careful of what you might say to someone today, because it could come back to haunt you the next day.

A good way to handle a bad day is to put it behind you. Let it go. Chill out with some friends.

Don't let it get you down.

Read a book.

Put on some soft music and chill.

www.fathersday-2015.com

FOR ALL THE DADS WHO TOOK THE TIME...



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HE BELIEVED IN ME!

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GREAT
THINGS

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